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# ACROSS THE FENCE

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## Editorial.

Hi all,

A short month and it disappeared far too quickly. Haven't been sure whether to go out in summer clothes or just wear a raincoat and wellies and try to evade the hordes of mosquitoes at my place.

The weeds are still going bonkers and there are a lot I haven't seen before that must have been hibernating for YEARS and just decided to fill my paddocks and yard with their "glory".

Still haven't been able to mow as the ground is just a soggy mire and the fire permit I got is due to expire on Friday so that was just a waste as everything is too wet to burn.

If we get another day tomorrow (Tuesday) like today's I should be able to make a start on the lawns. Fingers crosses.

Short a couple of articles and others are a bit smaller so you have funnies to read this month. Been a while and they take longer to find and put into the issue than it does to do the basic work so I hope you enjoy them.

Have lost a couple of advertisers for a while as they are bogged down with work from the results of the wet garden growth and are unable to take on any new clients for a little while. They will be back shortly.

There is an article on page 25 on the fluid intake of seniors. I am one of the guilty ones who doesn't drink enough fluid as I don't "feel" thirsty. I have never liked drinking a lot of it as it makes me feel bloated and the consequences have resulted in kidney stones, another problem to add to the ones the physician talks about. It is a very interesting and valid article—well worth the read.

March is going to feel a tad weird this year as we are not going to have our show. Probably a good thing as the grounds are soaked and the building works would not have been finished in time for it to go ahead.

My usual front page in March was the show, but I hope you like the little bit of fun that is on it compliments of Kate Landsberry and her quick wit and great cartoon adaption of an ark. Still thing we could be selling tickets. Doubt that the rain has finished as March is normally a wet month anyway.

For those who haven't heard, some sad news. Charlie Aquilina, our once local pool cleaner, passed away at the beginning of the month

'til next month

Lyn & Tilley Cat & Timidthy



## WHAT'S HAPPENING IN MARCH, 2021

### Markets & Events.

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone**

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

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

**ALL ART WORK IN JPG ONLY**

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

### ADVERTISING COSTS

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## NABIAC Branch needs YOU.



The Nabiac Branch of the SES is in dire need of volunteers to remain open as the numbers have dropped and the viability of the unit depends on it having a variety of volunteers available

It is the old "USE IT OR LOOSE IT" time. Come and help your community

The Nabiac SES unit was started on 27th November, 1987. The Nabiac Emergency Services Headquarters was opened in 1991. Community members bought "bricks" to assist with the fundraising.

SES members prepare and respond to severe weather events, including storms, floods and tsunamis. This can include storm damage repairs, land searches and flood rescues.

It also builds skills to work as a member of the team, develops social skills and job qualities.

We say there is a job for everyone in the SES.

SES Volunteers come from all walks of life, bringing with them many different skills, interests and backgrounds. They have a common purpose of supporting their communities in times of need. Training is provided in a supportive and practical environment. You do not need to have strong literacy or numeracy skills, tie fancy knots or be a strong swimmer. We will help you find your strengths and help you contribute to the team.

Nabiac unit has provided assistance in the local area and throughout NSW in a variety of roles, including supporting other emergency agencies.

Anyone can join if you are over 16 years to ??? You are never too old to learn something new. As long as you are willing to help out in an emergency, whether it is out on the massive trucks or rescue boats to filling sand bags, manning the telephones or making sandwiches and drinks for the people out on "the face".

You don't have to be a "full time" member. They are happy with what they call "spontaneous members" who just come and help out in an emergency.

Full intensive training in all aspects will be given by the Tuncurry branch in coordination with the Nabiac branch.

Training at Nabiac is on Wednesday nights from 6:30pm for two hours and if needed on Tuesday nights at 6:pm Tuncurry (transport can be assisted with to get to Tuncurry if needed)

Training includes driving the trucks, the big rescue boat (rescues include animals as well as people in all flood situations—you could be hauling a cow from a flooded river or a person from the sea), getting

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HAIR  
by Shaz

N<sup>o</sup> nabiac Hair & Beauty would like to welcome March 2021. Months have come and gone by so fast with school children back to school, Valentine's day come & gone as well, so that leaves mum with a bit of me time now hopefully to come for a new colour or Haircut?

As a professional colourist my job is to be able to deliver these unique techniques and colour combos that are on trend for our clients. For Hair that is faded we can add panels of Caramel slices, Smokey pearl or even Smoke and fire.....Or just a Gloss & Shine to the hair with our NO Ammonia free colour range from Vita 5. Strong intense colour vibrancy with longer lasting results.

Our product of the month is designed for fine hair to give soft touchable volume. This walks out the door being so popular with our clients.

**Memory Foam Conditioning Amplifier** with a hold factor of 4/5, Benefits: adds volume & body, Balanced pH 5.5 Natural hair, 230 | c Heat protection, Long lasting, flexible hold & Humidity resistant.

BLONDES can try our Toner and Intensive Masque; this product is fantastic to counteract unwanted underlying colour pigments from the palest Yellow to Dark Orange. Serious Blonde is formulated with Blue/Violet micro-pigments to correct the result. Combined with an intensive nutrient rich treatment to repair and nourish hair for a beautiful, clean, fresh blonde result.

Please phone **Shaz** on mobile : **0410 541 672** as there is **NO** landline and leave a message and she will return your call when possible.

Thankyou,

**Shaz** ☺

people out of car accidents, full first aid course, how to use a chain saw, etc.

**YOU ARE NOT INVOLVED IN HELPING WITH FIRES!!**

Opportunity to travel to other places to help out in emergencies (working holiday??). Meet likeminded people interested in help other.

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Girls, ladies don't feel left out or feel you couldn't do it. Almost half of the members are female!!

Come on, give it a go and help your community, you never know when **YOU MIGHT BE THE ONE WHO NEEDS HELP!**

Interested yet??? For more information phone **Greg at Tuncurry** on **0400 925 241** or email [greg.dodd@member.ses.nsw.gov.au](mailto:greg.dodd@member.ses.nsw.gov.au).

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*Between the Pages*

*Nabiac Library News*



Hello there to all our friends and members of Nabiac Library in the midst of what must be the wettest Summer we have experienced for a while. It is definitely gumboot weather!

#### Access to the Nabiac Library

Naturally, all this rain has resulted in delays to the upgrades to the Nabiac Street front entrance to the Showground and thus the Library. Be assured, as soon as weather permits, this work will go ahead. In the meantime, please continue to use the Showground Lane or back entrance to the Showground and Library. Even this access is getting muddy and looking somewhat washed out. But hey! We have not had this amount of rain for quite some time!

#### End of 2020 Summer Reading Club for children



The Summer Reading Club is a fabulous initiative offered throughout libraries to encourage school aged children to continue reading in the summer holidays. Participants are rewarded with prizes for reading various numbers of books. Our local participants at Nabiac Library were **Jacob** and **Maddison**. They are featured here receiving their final prize for completing the challenge at the highest level.

Congratulations to you both!

#### FABULOUS NEWS!!! Upgrades to Nabiac Library Public Computers

It's good news month! Nabiac Library's public computers (of which we have two) are now able to talk to our printer and scanner. A huge

# OLD BANK CENTRE

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**PHONE: 6554 1211**

shout out thank you to Forster Library tech man for making this possible. This means that you, the public, can now use Nabiac Library (when it is open) to scan and send documents or to print documents for your personal use. You can do this from your Email account or from a USB.

This may make things much easier for those folks who do not have access to such facilities at home.

#### Free WIFI@Nabiac Library

Did you know that Nabiac Library offers free WIFI access to the Internet?! Even if we are not open?! Yes we do! All you have to do is come to the library and log in to the Nabiac Library WIFI address. Enjoy, especially if your access is not working.

#### New Books on the Shelf at Nabiac Library

Nabiac Library has a regular turnover of books or DVD's or Talking Books each Tuesday in a specified genre! We also have new books come into the library each month. Just recently we had a big intake of crime and mystery novels. Come and check our shelves!

#### Reservations

Can't find what you want on our shelves or maybe you are seeking an item not available at the present? We can help you make a reservation for an item from one of our 11 libraries in our local MidCoast Council network OR we can make a request for purchase for an item that is not currently in our catalogues. This is common with new releases such as books associated with the recently released movies of "The Dry" and "Penguin Bloom". Please just call in and ask.

Not much other news this month. Just remember to keep checking the MidCoast Libraries events to discover what is happening at Nabiac Library for children in the Easter school holiday period. A little birdy said it is a very inventive new craft activity. Can't wait to join in.

#### Nabiac Library is open via Showground Lane:

Mondays from 3-5pm

Tuesdays from 3-5pm

Thursdays 9-11am

Saturdays 10-12 noon

Look forward to seeing you there!

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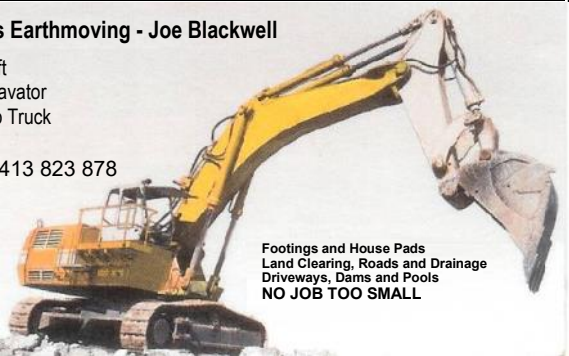
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# NABIAc MOTORS

## Paul and Sandy Shaw

Wish to advise all of our lovely customers, that we will be retiring as of the 1st March.

New Owners are **Collin & Renee Went** of Failford.

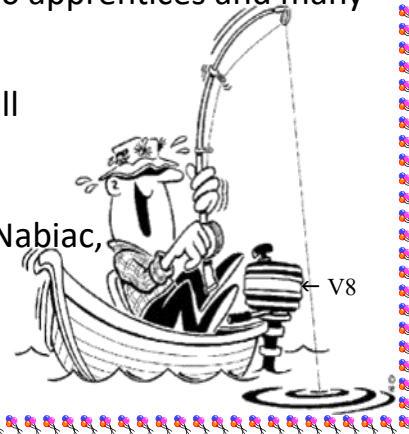
All servicing & rego inspections and mechanical repairs, will remain the same just the faces will change

It is with mixed feelings that we will be leaving, nearly 24 years, 6 apprentices and many staff later.



We would like to give a big thank you to all of our loyal and supportive customers.

Please continue to support local businesses in NABIAC, it's what makes NABIAC a great place to live.



## Krambach Garden Lovers News

On Monday 22<sup>nd</sup> February we had our Annual General Meeting at the Krambach Hall where our new executives were voted in. They are:- President - **Kathy Winter**, Secretary - **Jackie Walker** and Treasurer - **Pam Moody**.

On Monday 22<sup>nd</sup> March we will have our first garden visit for the year. **Brian O'Riley** has kindly invited us to his lovely country garden at Eason Road, Krambach. We will meet at 10.00 am for our meeting and then a cuppa and a walk around the garden. For our flower competition the colour will be YELLOW remembering only 5 stems allowed and we will also have our swap table.

Now that Covid 19 restrictions are easing we are hoping to return to visiting nurseries and our members gardens - you never know what idea you can pick up. It also gives us a chance to see what other plants will grow in our district (something that we may not have thought of).

If you think you would like to join us you would be most welcomed - just give us a call - 6559 1375

Until next month as **Val** would say - Happy Gardening

JUDI

## Roslyn Joan Bird



The district was saddened at the beginning of the month with the death of very popular, smiling **Roslyn Joan Bird (Rossy)**.

Rosly was a friend to many and always a willing hand, volunteering at the NABIAC Sales and NABIAC Show and also the Krambach Dances, Markets and various Functions - with her twinkling eyes she had a smile for

everyone.

Rosly loved her poddy calves and cows having milked for most of her life, a job that she relished.

Over the past few years she has divided her time between Krambach, Walcha and Knorrit Flat working with her partner, **James McCarthy**, preparing cattle for sale. She would tell you that her last few years have been her happiest doing what she loved best.

Rosly will be missed by James, Kathy (daughter) Steven (son) and their partners plus her grandchildren

Rest in Peace Rosly

  
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## MINIMBAH MATTERS

**Minimbah Rural Fire Brigade** has been around for quite a while. Forty years in fact! On 15<sup>th</sup> May we will be celebrating our 40<sup>th</sup> birthday and combining this with our *Change of Season Information* and *Get Ready* day. Watch this space, and your letterbox, for further information.

You may have seen our Fire Truck going out a couple of Saturdays ago, in the pouring rain, and scratched your head in bewilderment. No, the crew weren't responding to a call out. They were off to Tuncurry where new Members from several Brigades within the District were undertaking their Bush Firefighter assessment. The bottom line is, we have a newly qualified, ready and willing firefighter in the Brigade. He will be the guy with the cleanest personal protective clothing at the next fire. Congratulations **Bill**.

### Vale Dennis Webb

**Dennis Webb** was a former very active and very valuable Member of Minimbah Rural Fire Brigade. After a very full and interesting life, sadly the flame in Dennis went out towards the end of January.

Our Brigade was invited by Dennis' family to perform a Guard of Honour at his funeral early in February. It was **our** honour to do so.

While not all our Brigade knew Dennis, those who did, and especially those who joined the Brigade while he was in it, and fought fires alongside him, gained much from the experience. He was a teacher, in more ways than one, an exceptionally talented man, and a really nice bloke.

Our condolences are extended to Dennis' family and friends.

You've probably seen a lot about the changing rules regarding news on Facebook over the last week or so. For the RFS it's business as usual, but it's a good reminder for you to use a range of different sources for information during an emergency.

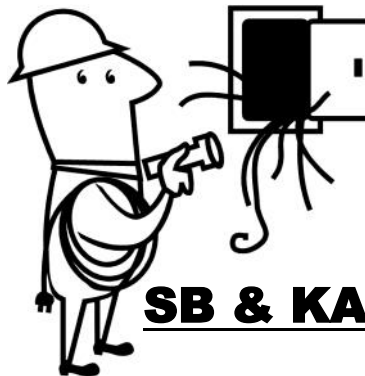
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Seek out information and share it.

### Hey, the NSW RFS is still on Facebook.....

**And here.** [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

**And here.** Fires Near Me NSW app

**And here.** Bush Fire Information Line. 1800 679 737

**And here.** [www.twitter.com/nswrfs](http://www.twitter.com/nswrfs)

**And here** . Listen to local radio

**And in 2000 communities across NS**

YES. In spite of the weather, at the time of writing, nothing has changed.

Fire Permits are still required.

**NSW RFS Mid Coast District Office .. .. 643 262**

### Report unattended fires to

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## Nabiac Memorial Neighbourhood Centre



At the Neighbourhood Centre this year is shaping up to be much different to last year. During 2020 our Committee was only able to hold two meetings (February and November) plus the AGM but it was 'business as usual' with much of our communication by email. In March we made a decision to close the Op Shop and the CTC was also closed.

At the February meeting, *Kathryn Murphy* was appointed as the overall Op Shop manager and *John Baker* as the shed manager. Kathryn and John, along with a small band of helpers, used the shutdown to totally reorganise shop and shed and to introduce a new volunteer agreement. The shop reopened in July and the changes have been well received. There has been much positive feedback about the new layout and the displays, and there has been a steady stream of new volunteers. New book cases have recently been installed in the popular 'library' area of the Shed.

Major maintenance work regarding drainage was also carried out throughout 2020 under the guidance of *Colin Henderson*. Subsidence on the western and southern sides of the old building had been a problem for many years and as the underneath of the building was investigated it became clear the problem was much larger than it had seemed at first. The work is now completed and the result is that we now have a new drainage system for surface and storm water, rotting timbers have been replaced and the rear of the building has been raised some 50 mm.

Membership of the Neighbourhood Centre is now 136 people. The Centre is the home for eight different groups and provides support to them, especially with Public Liability and Voluntary Workers insurance. New groups to come on board with us in the last year include the Nabiac Nook and the Mid Coast (NSW) Community Quilters.

Our first Committee meeting for 2021 was held in February, and it looks like a busy and interesting year ahead.

In previous years the Centre has donated to the building of the Pool and to further pool works including repairs, installation of solar heating and security cameras. Other contributions in that area of town include the BBQs, the children's play equipment and the planting of trees around the oval. Donations have also been made towards the fireworks at the Nabiac Show for the last three years.

This year we are planning to support

- ★ Mid Coast (NSW) Community Quilters - \$10,000 towards a new quilting machine
- ★ Defibrillator at the Neighbourhood Centre – Wallamba River Lions \$2,000 and Neighbourhood Centre \$500 →

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## Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday  
9am to 12noon  
(Closed 1st Wednesday of every month)  
Saturday 9am to 12 noon  
37 Nabiac St, Nabiac  
6554 1876



## News from Nabiac Second Chance Op Shop

Open Monday to Saturday 9.00am to 12.00pm

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

A friendly reminder the Op Shop and Shed will be closed 3<sup>rd</sup> March 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.

### Donations:

Due to changes with the Public Liability Insurance Policy for the Nabiac Second Chance OP Shop we are no longer allowed to accept donations of /or sell any second hand toys, electrical goods and mechanical goods as of Monday 22<sup>nd</sup> February 2021.

Mechanical equipment is anything that is operated by a compressor or has a motor in it.

There are other restrictions which we are unable to accept as donations and sell already in place, a friendly reminder of those items include prams, all baby and child car booster seats and capsules, cradles, cots, high chairs, all mattresses, bean bags with beans, all bike helmets.

Nabiac Second Chance Op Shop must adhere to these restrictions.

The Op Shop appreciates all your generous donations, unfortunately there are restrictions on what can be accepted.

Thankyou in advance for you co-operation and generosity when donating

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

- ★ Contribution to plants, seating and table at the Town Creek area in the middle of Nabiac
- ★ Funding (\$7,000) for Stage 1 of a community art project for the new Showground entry in Nabiac Street.

Further works to the building will include repairs to the little veranda along the western side (removing and replacing the timber floor) and the installation of security cameras to monitor area of the donations bin in the carpark.

### Louise Collins

Secretary, Nabiac Memorial Neighbourhood Centre Association Inc.  
[louisecollins1953@gmail.com](mailto:louisecollins1953@gmail.com) phone 0409 585 635

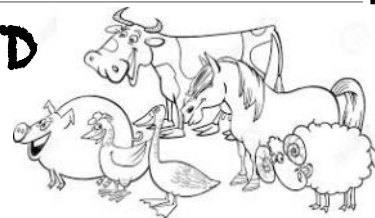
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Spanish artist Francisco de Goya got lead poisoning from the paints he used and became completely deaf



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## Nabiac Landcare



Only couple of weeks after our summer break and Nabiac Landcare members have been having a bit of an unplanned break due to the recent spate of rain. Besides being downright uncomfortable working in the wet and battling mosses and sweat in the humid conditions, most of our members are in the 60-70+ age group and the danger of slips and falls is real. Needless to say the weeds aren't on break so we will be back.

We are investigating a CSIRO initiative to release a biological control for wandering trad, aka wandering jew, *Tradescantia fluminensis*. This white flowered, scrambling ground cover smothers everything at ground level and is a real problem on the river and creek banks where we are working.

The leaf smut/fungus, *Kordyana brasiliensis*, was discovered in Brazil as part of a New Zealand research program for the control of *Tradescantia fluminensis* and was released in New Zealand in 2018. The CSIRO continued this research in Australia, testing the fungus in Australian conditions on closely related native and non-native species. They found that the fungus would not infect or reproduce on the native species tested including the local blue flowered *Commelina cyanea* (see last month's article) and introduced ornamental species of *tradescantia*.



The CSIRO released the fungus in selected areas of Victoria in 2019 and 2020 and is now coordinating the release to interested stakeholders in NSW.

The links below discuss the processes involved in selecting the biological control agent and how it is being released. They are well worth reading.

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[Our research – Wandering trad biological control \(csiro.au\)](http://www.csiro.au)

A number of people have mentioned to me that they have seen plants in their gardens and bush that they have never seen before or in much greater abundance. The environmental conditions that we've experienced in the past two years, seem to have triggered the growth of many species that have laid dormant. Before you pull or poison, do a little research, it's not only weeds but also natives that may be taking advantage of the conditions.

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.

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## WALLAMBA CWA REPORT

Another year has begun and we are still having to comply with the various restrictions but the CWA Ladies have had their first meeting of what all hope will be a better year.

The branch continues to meet in the NABIAC Village Community Church Hall on the 2<sup>nd</sup> Tuesday of the month with the meetings starting at 10.00am.

President **Margaret Weller** welcomed 13 members and received 3 apologies.

Our thought for the meeting came from our long distant member, **Lyn Matthews**, who keeps in touch with us through the minutes and several personal contacts.

Lyn sent it through electronically and it was as follows: **"You can't substitute material things for love, gentleness, tenderness, a family or friends"**. **Merle** will supply our thought for March's meeting to be held Tuesday 9<sup>th</sup> March.

Following the official opening, Anthem, CWA Motto and CWA Prayer, President Margaret invited members to pause and remember departed family and friends and this month we especially remembered our Patron **Iris's** sister, **Judith Frith**, Wallamba locals **Val Sonter-O'Neil**, **Helen Smith**, **Dennis Webb** and **Rod Murray** along with MNC CWA members **Shirley Geelan** of Wingham Branch, **Helen Yates** of Gloucester CWA and **Dianne Parker** of Bonny Hills. May they all rest in peace and condolences to their families.

There was a large amount of correspondence to deal with due to the holiday break and this included a number of updates of the 2021 State Conference to be held in Bega in May and our Handicraft Officer **Merle Barber** will be our delegate with **Fay Anderson** going as an observer. Unfortunately we had received notice to say that the cookery competition, which was to have been held at the Harrington Friendship day in February, had been cancelled and it is now hoped it can go ahead at Bonny Hills where the new date of 31<sup>st</sup> March has been set down. Before the Friendship Day the March Group Council Day will be held at Harrington and members **Merle**, **Jill** and **Penny** will

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be attending to represent the Branch. The three local schools, Coolongolook, Krumbach and NABIAC, were grateful for the Branch's donation towards their End of Year Presentations for 2020 and expressed their written or verbal thanks to the CWA ladies.

Treasurer **Mary** presented her financial report on the Branch and unfortunately, due to a family matter, couldn't stay on for the remainder of the meeting.

The matter of General Business was brought forward and discussion was held as to the holding of the 2021 World Day of Prayer, which this year has been prepared by the Christian Women of our South Pacific neighbours, Vanuatu, and is set down to be held on Friday 5<sup>th</sup> March at NABIAC Uniting Church commencing at 11.00 o'clock. This year it will be slightly different as there will not be a bring and share lunch – but attendees are requested to bring their own lunch, however tea and coffee will be provided.

Handicraft officer **Merle** gave her report and told us of her trip to Dubbo for the State Handicraft meeting and said that there will be a few changes to come as they are looking at bringing the schedule more in line with today's handicrafts as a lot of crafts are no longer 'in fashion' but we will have to wait maybe till next year to see some changes

The judges had selected the four aprons created by the Wallamba members and these will now on to Group for final judging. Wallamba chose a teapot, cup and saucer theme with a clock so we will just have to see what the judges higher up think of our creations.

**Penny** gave her cultural report and outlined the difference competitions members and junior members could enter in Photography, Short Stories, Poem and Bush Ballads and said they have until the middle of November to prepare and submit their entries.

**Penny** wasn't able to give us an International report as she too had to leave to attend to family business. We had received an invitation from Forster CWA Branch for their International Day & Luncheon on Ecuador at Club Forster but unfortunately it is planned to be held on our next meeting day Tuesday March 9<sup>th</sup> and we had to send our apologies.

The cookery report presented by **Jean** was to tell us a little more of the cancellation of the cookery that was to be held at Harrington with the hope that it would go ahead at Bonny Hills at the end of March. By our next meeting we should know one way or the other if it happens or not. →

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### What's happening at Nabiac Pre-school

Our new playground is almost complete with just the shade sails to be installed over the next couple of weeks. The children have been exploring all the new areas in our playground with the dry creek bed and quarry being well utilised. The sandstone is such a beautiful asset adding a variety of textures to our playground. Our natural environment is designed for children to challenge themselves with age-appropriate risks, explore, experiment and above all have fun while learning. The children have especially loved the feeling of the real grass on their feet as they run and play.

This month we enjoyed an incursion with the *Spotty Bear Show*, the children listened to a



in our Younger and Preschool room, they are truly a beautiful addition to our rooms.

Do you have a green thumb? We are looking for a volunteer to help us take care for our beautiful new gardens in our Community Preschool. The role would include weeding, planting and composting. As you will be working directly with the children, we would require a working with children's check. We would love to hear from you if you're a keen gardener and have some spare time to share.

We will be holding our Annual General Meeting on **Thursday the 18<sup>th</sup> of March at 5.30pm** here at the Preschool. All Welcome.



story about feelings and emotions. The children also participated in a variety of songs and dancing.

Our beautiful Murals by *Yukal Art* are almost finished

(CWA cont.)Ag & Environment Officer, **Ruth**, has shown us her hidden creative talents with the very informative Scrapbooks that she has produced on our subjects of Waratahs, Whales and Wild Dogs which included some clever art works, newspaper clippings and photos. We are studying possums this year for Fauna and Pimelea as Flora and we are sure it will be a wonderful work of arts and information from Ruth.

We were so sorry to hear that member **Norma's** husband *John* had a fall and also that Penny's dad wasn't enjoying the best of health as well and we hope things will improve for them and their families.

On a happy note Secretary **Pam** and husband *John* were celebrating their 47<sup>th</sup> wedding anniversary today 9<sup>th</sup> February – the years certainly move on.

### **Pamela Muxlow**

Publicity Officer

Wallamba CWA Branch

Ed note: (Pimelea is a rice flower—had to look it up as I had never heard of it and didn't want to make a spelling mistake. Looks pretty)

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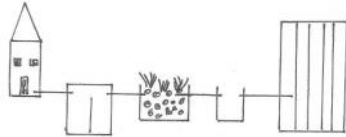


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**The Wallamba Watershed's History** – Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1940, by Bob Mann

**COOLONGOLOOK:** Although good rain fell about a fortnight ago between September 30<sup>th</sup> and October 2<sup>nd</sup> bringing the district 200 points, more is needed for the pastures.

**ROAD WORK** Gravel was spread on Midge Street by volunteer workers, the Stroud Shire providing the lorry. Some work is now being done on the main road through the village

**COMFORTS FUND:** the committee of the Patriotic and War Fund met on Saturday night. Knitted garments are coming in nicely but more is needed. The committee decided to hold the general meeting in June. It was decided to forward £2 to the Taree branch for the relief of bomb victims in Britain. It was thought that this amount could easily be raised by holding a race meeting at Willina if the race club will co-operate. It was decided to seek the race clubs co-operation. At the next meeting the matter of holding a days sports at Coolongolook in aid of the fund will be decided. The following amount received are acknowledged by the treasurer. Bull donated by Allen Fenning £3/3/0, donation by Mr Penn of Penn's Talkies £1/5/0, proceeds of Curreki Creek Sports £9/3/6, Tom Herival 1 beast £2/5/0, proceeds of dance at Wang Wauk £3/11/0.

A dance was held in the hall on Saturday night in aid of the Church of England and there was a good attendance.

**BASKET BALL:** A match between the school girls and girls who had left school last Saturday. The game went in favour of the ex pupils.

**TALKIES:** Penn's Talkies showed on Monday night and Mr Penn donated a percentage of the takings to the local patriotic fund.

**DYERS CROSSING: A Soldier's Letter** - Mr and Mrs Allen McFadyen of Dyers Crossing have received the following letter from their son **Private Neil McFadyen.**

"You will be wondering what part of the world I'm in and how I am getting along. We arrived in Palestine after an uneventful trip and although they say it is practically winter it is as hot as summer is back home.

When I wrote we were about 2 days off Bombay and arrived about 2 o'clock on Sunday. Looking at it from the sea it is a very picturesque city. We got shore leave and after changing our money into Rupees seven of us hired a car and went out through the native quarters. There are some very fine quarters. There are some very fine buildings around the water front where the white population live and also the higher class natives.

We transferred to another ship and filed into another train. After travelling for 3 or 4 hours we left the train and were ferried across to the northern side where we had tea and filed into another train and travelled for the rest of the night. Waking in the morning we saw nothing but a sea of sand in hills and hollows as far as the eye could see, but later on we started passing small isolated oases here and there along the line with a few ragged Arab men and women and dozens of youngsters running everywhere.

Our camp is situated in what is know as a fertile valley, although for most part it is sand and there are native villages scattered in all directions and they are the only place where there is any vegetation and greenery.

We went for a route March on Friday and it was pretty rough going in the sand as we were a bit soft after the trip. The camp is not too bad except for the sand. We sleep in tents. The bunks re like folding boxes and are made from the stem of palm leaves split and interlocked through each piece."

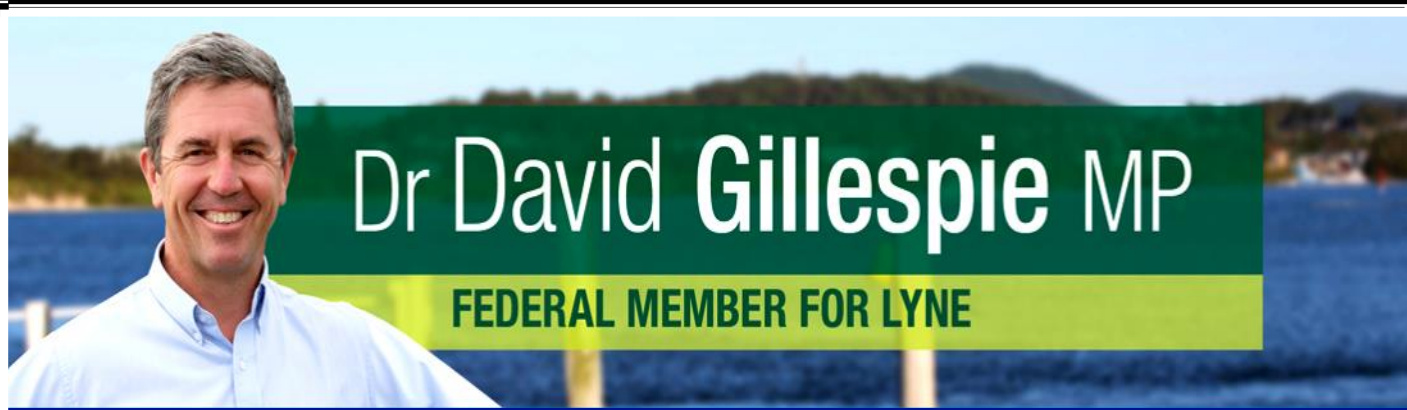
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# Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE



## GILLESPIE CALLS FOR NEW PHASE IN PACIFIC HIGHWAY UPGRADE PROGRAM

In the last Parliamentary sitting I have called for a new phase of investment is required into the Pacific Highway.

With completion of the upgrade to four lanes along the entire route of the Pacific Highway, construction of the Coffs Harbour bypass underway and planning in its final stage for the M1 Pacific Motorway extension to Raymond Terrace, it's now time to begin planning the next phase of the Pacific Highway Upgrade program.

Population growth along the Pacific Highway corridor, combined with increasing tourism traffic has made many of these major intersections busy at peak times, raising further safety concerns.

In recent times, we have seen fatal accidents at these busy intersections and it's now time for them all to be upgraded.

The next phase of the Pacific Highway Upgrade Program include:

- An interchange for Medowie Road, Italia Road and Bucketts Way linking Newcastle Airport the Pacific Highway, western villages, Gloucester and the Barrington Tops with the Pacific Highway
- An interchange at Myall Way linking Tea Gardens & Hawks Nest with the Pacific Highway

- An interchange at Failford Road linking Forster-Tuncurry with the Pacific Highway.
- An interchange at Harrington Road linking Cooperook and Harrington with the Pacific Highway.
- An interchange Houston Mitchell Drive at Lake Cathie-Bonny Hills with the Pacific Highway
- Upgrade of the Oxley Highway interchange linking Wauchope and Port Macquarie with the Pacific Highway.

## COVID-19 VACCINE ROLLOUT

This week the first doses of the coronavirus vaccine arrived in Australia, this first shipment is part of 20 million doses of the Pfizer vaccine, secured through an advance purchasing agreement under our vaccine strategy.

The arrival of the vaccine confirms that we are on track for our most vulnerable groups to start receiving the vaccine on 22 February 2021.

Approximately 80,000 doses of the Pfizer vaccine will be made available in the first week. The first priority for vaccines are hotel quarantine and border workers, frontline healthcare workers and aged care and disability care residents and staff.

The Therapeutic Goods Administration (TGA) has approved the AstraZeneca COVID-19 vaccine for use in Australia following a full and thorough assessment process.

We have secured 53.8 million doses of the AstraZeneca vaccine, with 50 million doses being manufactured here in Australia. Two safe and effective COVID-19 vaccines are approved for use in Australia.

The Morrison Government is committed to providing safe and effective vaccines free to everyone in Australia.

## Dr David Gillespie MP

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- \* market BBQ
- \* yummy food to take-away.
- \* Live music

February's market was cancelled due to the rain, which created oodles of mud, glorious mud! Such a contrast to the dryness of last summer. The lands are being replenished, but let's hope that the next market day is bright and sunny. Our stallholders will welcome the extra business at the March market.

**\*\*\*We are actively seeking applications for stalls from local growers, fresh produce, hobby farm enthusiasts and backyard gardeners.**

**Contact details below.\*\*\***

### Mograni Creek Estate Vineyard. – stallholder feature.

A country upbringing set the scene for returning to the land after many moons, for **Steve O'Malley**. He grew up on the family sheep and cattle property, North of Bourke, so has been well-prepared for a soil kind of life.

Ros and Steve purchased Tugwood Wines in 2019 after a search sweeping NSW led them to scenic Gloucester, with its postcard rolling hills, proximity to beaches and the local community. It's an amazing opportunity for their two teenage children to experience life in a rural business.



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Ros and Steve enjoy running the vineyard, wagyu beef and beautiful accommodation, now under the name of *Mograni Creek Estate*, in picturesque Barrington Coast and particularly love embracing the change in seasons.

Two wine grape varieties are grown at Mograni: Chardonnay and Chambourcin, from which Ros and Steve make a Chardonnay, Rosé and Chambourcin, a light, medium-bodied wine.

All wines are made from grapes sourced from our own vineyard and are available for tasting at the cellar door, which is open at weekends. Call Steve to make an appointment.

### The history...

Tugwood Wines began in 1998 when John Tugwood purchased 250 acres in the beautiful Mograni Valley just east of Gloucester. Following experimental plantings, it was obvious that both Chambourcin and Chardonnay varieties thrived on the gentle slope of rich loam soils under the shadow of Mount Mograni.

### Cellar Door

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### Market news

We all just loved the comeback of live music at the last market, which added nicely to the convivial atmosphere.

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.

See you at the next market, Saturday 27<sup>th</sup> March. 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](http://www.nabiacfarmersmarket.com) and download the vendor information forms; call: 0422 177 122. Or Email: [nfmcommittee@gmail.com](mailto:nfmcommittee@gmail.com) Follow us on Instagram and Facebook. Thank you – market committee.

By **Laura Pennington** ☺



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**TWISTED X**



*Thomas*



Sweating sickness was an infectious disease that killed thousands of people in Europe during the 15<sup>th</sup> and 16<sup>th</sup> centuries. Violent shivers and severe neck pain would be followed by excessive sweating and delirium. - Nature is very adept and finding ways to wipe us out!

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## Artists of Wallamba Inspire ~ Create ~ Connect



**Di Smith** is one of the artists with work at Earth Body Soul in Nabiac. Her brilliantly colourful chairs are nearly 'walking out the door'! The current range honours many of the great colourists including Matisse (left), Miro and Guy Georget. Do drop in to look, buy or place an order directly with Di.

Other artists featured include **Ariane Bell** for individual jewellery (above right) and mixed media paintings, **Diane Willey's** photography, **Deborah Hoare's** paintings (above centre) and **Deb Knokes** mixed media and found objects montages.



### Unusual Artist Facts:

#### Michaelangelo's Stinky feet!



**Michelangelo** (1475-1564) renowned artist, and painter of the superb Sistine Chapel ceiling, was 25 when his father advised he would likely remain in tip-top health if he chose not to bathe! To that end, he lived in squalor, working and sleeping in his clothes and boots for weeks at a time. When he did eventually remove his boots the festering skin, which had adhered to the leather, also peeled off. Michelangelo however did live until he was 89 – rare for those times

– so perhaps his Dad had a point!



Welcome to our World, Acrylic on plywood

Two fabulous and intriguing exhibitions currently at Manning Regional Art Gallery!  
**To be Humanised 2**, Trevor Weekes spent many hours with the Big Cats at Taronga Park Zoo, observing and drawing.

In this series, completed during Covid lockdown 2000/21, he has used fabrics to drape the animals, demonstrating the burden the human world can place on their animal/s, how humanity is almost imposed on the animals.

Overall, Weekes explores the nature of relationship between mankind and the animal world. His works are rich with a marvellous use of fabric pattern design. He speaks too of the effects of the desecration of natural environments particularly via feral cats and foxes.



Rehabilitation, Acrylic on plywood, Trevor Weekes  
Photographs: Manning Regional Art Gallery Catalogue

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The second exhibition, *For The Record*, displays the extraordinary collection of vinyl record album covers of Mark O'Brien, who has been collecting records since he was 8 years old.

Grouped by theme and colour, and with over 50 years of music recording represented, they provide a wonderful trip down memory lane – for many of us!

A warning, there is restricted content so minors are asked to be accompanied by an adult.

*Country Days Country Ways* is a joint exhibition by local artists **John Andrews** and **Rachel Saunders** celebrating their love of country lifestyle and community.

Filled with views of country markets, bowls, kids soccer, open gardens, feeding horses, having a

cuppa downtown and even a visit to the local tip, this exhibition comprises John's award-winning and often quirky character-filled paintings and Rachel's composite photo images.

**Pacific Palms Market Day and self-drive Arts Trail** is on 28<sup>th</sup> March. Hopefully the sun will be shining again!

**The Pop Up Gallery**, Shop 5, 54-58 Macwood Road, Smiths Lake displays works by over 40 local artists including many from our area. Also featuring a wonderful array of local work is **Forster Arts and Crafts** in Breese Parade, Forster.

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 exhibitions, workshops, online courses and competition opportunities that our members share, along with inspiring quotes and ideas.

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

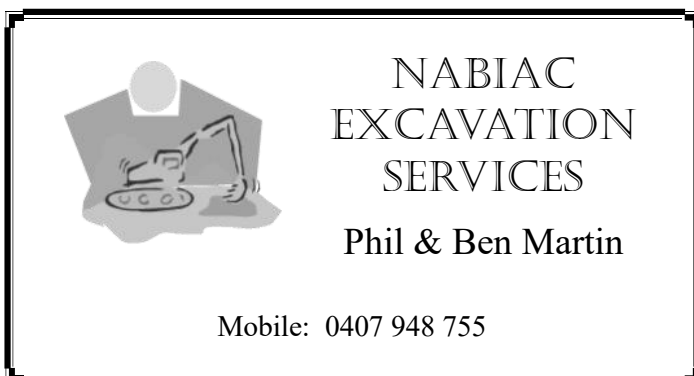


The Gloucester Tip  
Acrylic Painting, John Andrews



Country Days Country Ways  
Composite Photograph, Rachel Saunders

Kate Landsberry

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Affordable consultation available.

**Zucchini Slice.** What to do with all those zucchinis (assuming you've managed to harvest before the rain really set in!). Rainy days are perfect for baking!



This humble recipe provides a balanced meal which can be enjoyed hot or cold and is great "to-go" food. It's packed with protein and pairs well with salad, veg, and brown rice or spuds. The turmeric possesses antioxidants – to protect cells from damage; \*add black pepper to turmeric to ensure the curcumin benefits are realized.

This slice is healthy and easy to make. Whilst zucchini isn't as rich in nutrition as other veggies, they contain a wide range of vitamins and minerals. They're a good source vitamin A, which is essential for eye health and good immune function.

#### Ingredients:

- 3 zucchinis (grated and moisture squeezed out)
- 1 large carrot (grated)
- 1 cup whole-meal SR flour (\*use any flour of choice)
- 6 eggs
- ½ cup-1 cup finely chopped spinach and rocket/fresh herbs
- 1.5 cups grated cheese
- 1 onion
- 2-3 cloves garlic
- Seasoning/mixed dried herbs
- 1-2 teaspoons turmeric

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#### Method:

Pre-heat oven to 180 degrees.  
Crack 6 eggs into a bowl. Add the turmeric, salt & pepper.  
Grate the zucchini. Squeeze out the moisture, over a sieve and by rolling in a clean tea towel.  
Gently sauté the onion and garlic until softened, add the chopped leafy greens and cook for a few mins.  
Add all the ingredients to the bowl with the eggs, mix well.  
Pour into a lined ceramic baking dish and bake for approx 35-40 mins

#### TIPS:

Squeezing the moisture out of the zucchinis, stops the slice being soggy  
I used an ancient grain whole meal flour, so it didn't rise but was still good  
Experiment with buckwheat or other whole-grain gluten-free flours.  
Sprinkle almond meal on top for extra protein & omegas.  
Pack in the fresh leafy greens/herbs, for essential minerals such as folate and iron.  
Resist adding bacon or ham, since the palate can get too used to the salty flavour!

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**YEAR 4 STUDENT**

We hear this all the time. Irlen lenses often make the print appear bigger and blacker, making reading a lot easier with less visual strain. That's because the white background of the page is extremely bright and

overpowering, taking away from the clarity, size and boldness of the print.

This year 4 student we tested today experienced just that. She also has difficulty looking at the printed page for any length of time as it causes great discomfort and eye strain. She suffers from frequent headaches and becomes very fatigued by the end of the school day. After diagnosis of her specific Irlen Tint, she was able to look at the page for the duration of the reading task and read with ease and comfort. "They make the words bigger and blacker" she said with a smile "making it so much easier to read". She also said the background no longer looked bright and the page was good to look at. Happy girl today ☺

For Irlen testing or more information, contact Irlen Dyslexia Centre Taree on 0409 653 700 or [irlentaree@gmail.com](mailto:irlentaree@gmail.com) or visit [www.aaic.org.au](http://www.aaic.org.au) for information and self-test.



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**QUILTING NEWS**

The Mid Coast (NSW) Community Quilters are pleased to announce (Trumpet Fanfare) the arrival of our new (bigger and better) quilting machine, Amara, which has 20" harp.



This has only been made possible by the generosity of the Nabiac Memorial Neighbourhood Centre, and to them we extend our sincerest Thanks. So to for everyone who supports Our Second Chance Op shop, we Thank You as well.

Last Year our quilt donations tallied 661. 154 went directly to bush-fire victims.

We managed to satisfy all our regular Clients:-

- \* Palliative care ward of Taree Hospital
- \* Cot and Baby quilts to Taree Hospital
- \* Nursing Homes
- \* Police domestic Violence Unit
- \* Women's Refuges

To these groups we also added Wheelchair Quilts for a different Nursing home. Covid lockdown had restricted their previous supplier and we also supplied 40 quilts to Woromi Babies for a Special Ceremony.

This year we continue to meet on Mondays and Wednesdays 9am - 3pm at Jenny Fletcher's, 15 Nabiac Street.

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*Jenny Fletcher. Secretary*

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## REAL KULTCHA

Well sports fans, how's your year going so far? Has this virus mess caused you any great hassles? I have to say *The Child Bride* and I seem to have managed quite well and save for some age related problems like, "Where are my glasses?" and "Can you be a little more specific, what month is it?" we have no complaints. We're still working on the Travel Cards the Federal Government gave us for petrol and that obviously means we haven't been doing much travelling! We've just received our NSW (*petrol*) card so at this rate, that should see us up to Christmas! The joke about the garbage bin going out more often than us really isn't a joke around here!

I'll say it now and then I won't have to say it again. I think our politicians have handled the crisis quite well. By that I mean they've listened to the medical experts and with the arrival of the vaccine, it seems we're climbing out of the crisis pretty much ahead of most of the world. Our medical people have done us proud and it'll be quite some way down the track before we can say we've thanked them enough. If you need any help figuring out when to stop saying **THANK YOU** to them, keep an eye on this rant, I'll let you know when to stop.

The big sporting event that occurred is the Oz Tennis Open in Melbourne. Not many folk thought they could pull it off but they did. There are always going to be some dingbats involved of course, and for mine it was Bernard Tomic's girl friend, Vanessa Sierra. I have no idea who she is or where she comes from but it seems they were all told that if they went straight into Melbourne, they'd have to go into quarantine. I think she thought that was some kind of pizza! Her life was turned up side down and I can understand that, having to spend 2 weeks in a room with Bernie! But she had other major problems and she aired then on National TV: "Why can't I go to a salon? I never wash my own hair. Do you mean I have to do it myself?" Sweetheart, which part of the word quarantine are you having trouble with? Bernie made it into the second round but then played like a spoilt child and with some luck will never be heard of again.

There was a changing of the guard in the Lady's comp with Naomi Osaka sweeping all before her and if I were a betting man I'd lay a dollar she's going to be around for quite a number of years. Meanwhile, Serena Williams has felt the cold breath of Old Father Time on the back of her neck and has some serious thinking to do. Does she retire now and effectively go out at the top of her fame or



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does she play on? I'd think she'd probably still be able to make it through three or maybe even four rounds of any championship she entered for several years yet, but then she'll come up against one of those highly trained, super fit, hard charging and much younger players and get blown off the court. If I were Serena I'd bow out gracefully now, have another child and then set up a tennis clinic and pass on the enormous talent she has to the next couple of generations.

On the other hand, Old Father Time hasn't been able to get within a bull's roar of Novak Djokovic and he made short work of the Russian Daniil Medvedev in the men's final. I'd put a dollar on Novak also being around and competitive, for several more years as well.

*The Galahs* are over in New Zealand at the moment because nobody wanted to go to South Africa where there's a very virulent strain of COVID running about. Having been beaten by the Indian Second XI it's going to be interesting to see if they can lift their game across the ditch.

From Left Field. The name Russia, their flag and national anthem have all been banned from the next two Olympics because the IOC and the World Anti-Doping Agency have convicted them of tampering with a test database in a lab controlled by Russia. Fair enough but what then follows I don't understand. Russian athletes will still be allowed to take part in the Olympics and they'll compete under a version of the Olympic flag.

Somebody (I don't know who and I really must be more careful with whom I associate) whispered in my ear a few days ago that the cross-country wrestlers have started up again. That came as a complete surprise to me as I was under the impression, because it was in such a sick state last year, COVID 19 had struck and wiped it out. A sad fact of life: they've had a good run but it is the survival of the fittest. But No! Like Lazarus they've risen again. Mind you, *The Blues* still look as if their end of year trip should be to the knackery or even Victoria for something a little more humane.

The round ball enthusiasts (G'day Max) have started up again or maybe they never even stopped! I don't know but like basketball and rugby, I don't really care. Be happy and March to your own drumbeat is my philosophy.

Talk at you next month,

*Hillside Critic*



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OUR EXPERIENCE  YOUR IMAGINATION

Plans for a solar farm on a landfill site, the development of a sustainability and education centre and a move to electric fleet vehicles are amongst the future projects flagged by MidCoast Council as part of a climate change action plan currently on public exhibition.

These plans, and others, are explained in a video available via Council's YouTube channel or on the Council's website.

The community has **until 12th March** to provide feedback on Council's first climate change policy and strategy.

The first stage of Council's plan for climate action focuses on the activities that Council can take, with future stages to look at how the community can become more adaptable and sustainable.

"It's important we lead by example, but it is also important for the community to see that climate action has been part of our business planning for a long time, across a range of the functions we deliver," Director of Liveable Communities Paul De Szell said.

Mr De Szell said the video explains Council's future plans for a solar farm on a landfill site, as well as a sustainability and education centre at Tuncurry's Waste Management Centre and a move to electric fleet vehicles.

It also looks at current measures that have been implemented to reduce emissions, including solar panels on Council buildings, hybrid vehicles in the fleet, sensor lighting and more.

"We know there's always more that can be done and we will have to do much more if we are to meet our ambitious target of zero emissions by 2040, but this is a new way of life for us, we take it extremely seriously and we're asking the community to support us."

The strategy has 150 actions that Council want to commit to, with feedback from the community on the plans welcome.

To view the policy and strategy and provide your feedback, head to [www.midcoast.nsw.gov.au/HYS](http://www.midcoast.nsw.gov.au/HYS)

## 2. Community and heritage funding available

MidCoast Council's Community Donations and Heritage Funding rounds open on 1 March, two of the competitive funding opportunities Council offers each year.

Community Donations funding rounds are administered under Council's Community Donations Policy which invites not-for-profit organisations to apply for funding to deliver community-development and capacity-building projects and activities.

Up to \$2000 is available for capacity-building projects under the Annual Donations Program, or up to \$10,000 over two years for significant projects under the Seed Funding Program. While the focus of the funding is on building capacity of organisations or the set-up of new, innovative programs, sometimes an organisation just needs new equipment to enable them to continue operating effectively. Previous funding rounds have funded a full range of activities from program start-ups to improving accessibility of facilities, to equipment purchases like a PA system.

"Not-for-profit organisations are a really important part of our community and this donations program is one way we can acknowledge and support their tireless work and ongoing contributions," explained Paul De Szell, MidCoast Council's Director of Liveable Communities.

"Each year it's great to see the different ways these funds can help innovative projects get off the ground, or assist in providing much-needed equipment."

Applications for the 2021/22 Donations Program open on **Monday 1st March and close on Saturday 27 March**.

Full details of eligibility and application criteria can be found by visiting [www.midcoast.nsw.gov.au/community/grants-and-funding](http://www.midcoast.nsw.gov.au/community/grants-and-funding) where you can also complete the online application form.

Applications will be assessed according to how well they meet the criteria, and provide value for money.

"We want to distribute donations in a fair and equitable way, and to

provide support for projects that meet a genuine community need," added Paul.

The 2021/22 Donations Program is part of MidCoast Council's commitment to supporting the region's unique, diverse and culturally rich communities.

Anyone across the MidCoast who owns a heritage listed place or property within a heritage conservation area, may be eligible for a grant through the Local Heritage Fund.

The Local Heritage Fund has been available across the MidCoast since 2017 and aims to preserve the region's heritage while breathing new life into buildings and places from our past.

Council has seen some amazing restoration projects come to life through this initiative, and the team is pleased to be working alongside Heritage NSW again this year to open up this exciting funding opportunity.

Paul noted that these grants are like a helping hand.

"They are a great way to make a start on your renovation project. The grants offer assistance of up to \$2,000, but in some special cases up to \$5,000 can be provided.

"As part of the application process, eligible property owners must demonstrate their contribution to the project, as the grant cannot make up more than 50 per cent of the total project cost," he said.

Some examples of the work that could be completed with the heritage grant funding include repairing front fences, replacing guttering and fascia board, external painting, replacement of roofing and repairs to windows and verandahs.

For further information on the Local Heritage Fund and to find out if your property is eligible, visit [www.midcoast.nsw.gov.au/LHF](http://www.midcoast.nsw.gov.au/LHF) Applications close at 4pm on Monday 19th April.

**Calypso Watson**  
**Community Development Officer**

## 3. Road improvements make for cleaner waterways

A two year project to ensure run off from unsealed roads is cleaner before it reaches MidCoast waterways will see significant improvements for roads and our environment alike.

MidCoast Council and NSW Local Land Services have been working together to implement the NSW Government's Marine Estate Management Strategy (MEMS) to protect and enhance the waterways of MidCoast Council.

"Water will always run off the roads and into our waterways" says Drew Morris, Catchment Officer for Midcoast Council. "Through this project though, we are trying to make sure the water running off the road is as clean as possible."

Unsealed roads are a significant source of sediment and nutrients into our waterways. During rain events water runs down the roads, taking sediments from the road and the surrounding landscape and depositing them into our rivers, creeks and bays.

This muddy water can smother animals and plants, clog fish gills and reduce the health of our rivers and streams.

To achieve this over 20 creek crossings and unsealed roads within close proximity to rivers across the MidCoast will be sealed this year. Sealing the approaches to river systems stabilises the road and allows roadside vegetation such as grasses and sedges to establish, further reducing sedimentation of our waterways.


Roadside drainage is also being upgraded to slow down the water and help the fine sediments to drop out before they reach the waterway.

Works have been completed already on crossings over the Wallamba and Coolongolook Rivers which flow into Wallis Lake, roads near Wallis Lake, Burrell Creek which flows into the Manning; the Branch sub-catchment of the Karuah River and North Arm Cove.

With support from NSW Government's Marine Estate Management Strategy this project is continuing across 2021 and is hoped to be expanded into future years.



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## Libraries' tech-help sessions are back

MidCoast Council's Libraries team is pleased to be able to bring back their free fortnightly tech-help sessions, thanks to an ongoing partnership with Optus.

Following a year long hiatus due to COVID-19, the fortnightly sessions will resume on Friday 5 March from 10am to 4.30pm.

These are 30 minute one-on-one sessions for members of the community who might need assistance navigating new technology.

"We understand that the digital world is an ever-changing, intimidating place for some and it's easy to feel like you're getting left behind, but often a little help goes a long way," said Chris Jones, Manager of MidCoast Council Libraries.

"After almost 12 months, it's great that we can again offer this popular service to our community and we're delighted to have Optus assisting us again."

The joint initiative is about supporting people in the MidCoast community to stay connected and get the most out of their device.

It's a beneficial program for anyone needing a helping hand with their smartphone, tablet or computer, with local experts available every second Friday to help participants better understand the technology they have.

Optus General Manager for the Mid North Coast, Chris Simon said his team is pleased to continue to partner with Council to deliver this initiative.

"Connectivity is vitally important for regional Australia and learning how to get online easily and safely is often something that many of us take for granted," said Mr Simon.

"This program will provide simple tricks and tips to participants in a relaxed environment, ensuring they can get the most from their devices and online experience."

These free sessions are fortnightly on Fridays (starting 5<sup>th</sup> March) from 10am to 4.30pm at Taree Library.

Book your place in a session by contacting Taree Library on 6592 5290.



I wonder how many of you will go and check this one out



## Native Plant Propagation Workshop

Saturday 20th March, Krumbach, 9am-1pm

We're very pleased to announce we have native plant grower extraordinaire, **Noel Jupp**, of *Riverdene Nursery* returning to the Great Lakes, to share some of his hard-earned native plant propagation know-how at this free workshop.

Noel will run through seed collection, seed storage and treatment, and seedling propagation tips, for different kinds of local native plants.

Not to be missed for anyone with an interest in growing out locally adapted native plants for reforestation, habitat, ecosystem repair, honey, timber, etc etc.

Reserve your place early – we had a lot of interest in this workshop when we had it planned for last March before we were foiled by Covid lockdowns. Health order restrictions mean numbers for this indoor event will be limited.

Please RSVP to Joël at [joel.kgl.landcare@gmail.com](mailto:joel.kgl.landcare@gmail.com)

## Feature Weed – Green Cestrum

Now is a good time of year to look out for the highly toxic Green Cestrum – its distinctive yellow, trumpet shaped flowers are blooming. If you spot it, promptly destroy it before it sets seed, which is spread by birds. Be careful to remove cut vegetation and to prevent stock access to sprayed vegetation – it is known to be more palatable when wilted, and it remains very toxic until fully disintegrated.

All parts of the plant, especially the berries, are highly toxic to mammals, especially cattle – it contains carboxyparquin, a potent liver and brain toxin. It is a notorious cause of sudden death in cattle. If victims are seen alive, they may show symptoms of severe stomach pain, bloody diarrhoea, staggering, convulsions and coma.

Be careful to avoid skin contact when treating these plants – use gloves and cover up with long sleeves and pants. Small plants can be physically removed after rain, cut stump treatment with glyphosate is effective on larger plants. For more information and more control options, see **NSW Weedwise**.

MidCoast Council weed officers are monitoring its distribution – if you see it, please contact

Terry Inkson at [terry.inkson@midcoast.nsw.gov.au](mailto:terry.inkson@midcoast.nsw.gov.au)



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#### Car Keys and the Golden Years

As I left the hardware store the other day, I was fumbling for my car keys and could not find them.

They weren't in my pockets. Suddenly I realized I must have left them in the car.

Frantically, I headed for the parking lot. My wife has scolded me many times for leaving my keys in the car's ignition. She's afraid that the car could be stolen. As I looked around the parking lot, I realized she was right.

The parking lot was empty. I immediately called the police. I gave them my location, confessed that I had left my keys in the car and that it had been stolen.

Then I made the most difficult call of all to my wife:

"I left my keys in the car and it's been stolen."

There was a moment of silence. I thought the call had been disconnected, but then I heard her voice.

"Are you kidding me?" she barked? "I dropped you off!"

Now it was my turn to be silent. Embarrassed, I said, "Well, come and get me then".

"She retorted, "I will, as soon as I convince this cop that I didn't steal your flaming car!"

"Welcome to the Golden Years"

MY DOCTOR ASKED IF ANYONE IN MY FAMILY WAS  
SUFFERING FROM MENTAL ILLNESS.

I SAID, "NO, WE ALL SEEM TO ENJOY IT".

A blonde gets a job as a physical education teacher of 16 year olds. She notices a boy at the end of the field standing alone while all the other kids are running around having fun kicking a ball. She takes pity on him and decides to speak to him.

'You ok?' she asks.

'Yes.' he replies

'You can go and play with the other kids, you know,' she offers.

'It's best I stay here.' he says.

'Why's that, sweetie?' asks the blonde.

The boy looks at her incredulously and says, "Because I'm the Goalie!"

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed.

But, somehow I always had something else to take care of first, the shed, the boat, making beer.. Always something more important to me. Finally she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush. I said, "When you finish cutting the grass, you might as well sweep the driveway."

The doctors say I will walk again, but I will always have a limp.

One year, I decided to buy my mother-in-law a cemetery plot as a Christmas gift...

The next year, I didn't buy her a gift.

When she asked me why, I replied,

"Well, you still haven't used the gift I bought you last year!"

*And that's how the fight started.*

#### A student's request for extra money

A student called up his Mom one evening from his college and asked her for some money, because he was broke.

His Mother said, "Sure, sweetie. I will send you some money. You also left your economics book here when you visited two weeks ago. Do you want me to send that up too?"

"Uhh, oh yeah, O.K." responded the kid.

So his Mom wrapped the book along with the checks up in a package, kissed Dad goodbye, and went to the post office to mail the money and the book. When she gets back, Dad asked, "Well how much did you give the boy this time?"

"Oh, I wrote two checks, one for \$20, and the other for \$1,000."

"That's \$1020!!!" yelled Dad, "Are you going crazy???"

"Don't worry hon," Mom said, kissed Dad on the top of his bald head, "I taped the \$20 check to the cover of his book, but I put the \$1,000 one somewhere between the pages in chapter 15!"

After 10 years a wife started to think their child looks kinda strange so she did a DNA test and found out the child is not theirs.

She told her husband what she found out, the husband replied,

"Your don't remember do you?? When we were leaving the hospital the baby pooped and you told me to go and change him, so I went inside, got a clean one and left the dirty one there."

The wife fainted.

#### The Parrot

A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity.

John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to "clean up" the bird's vocabulary.

Finally, John was fed up and he yelled at the parrot. The parrot yelled back. John shook the parrot and the parrot got angrier and even ruder.

John, in desperation, threw up his hands, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet.

Not a peep was heard for over a minute.

Fearing that he'd hurt the parrot, John quickly opened the door to the freezer. The parrot calmly stepped out onto John's outstretched arms and said "I believe I may have offended you with my rude language and actions. I'm sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behaviour."

John was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behaviour, the bird continued, "May I ask what the turkey did?"

#### English Phrase Origins

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)



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## Lyn's Larder

With the weird weather I thought this an in-between season's meal

### PORK WITH APPLE AND SWEET POTATO MASH

#### INGREDIENTS

1/2 Green apple, unpeeled  
30g Butter  
1 Leek, thinly sliced lengthwise  
1/2 tsp Soft brown sugar  
2 tsps. Oil  
200g Pork fillet, trimmed  
100g Orange sweet potato, cubed  
1 tsp Plain flour  
2 tsp Dijon mustard  
100ml Cream  
2tsp Snipped fresh chives  
1-2 tsp Milk

#### METHOD

1. Core the apple and cut into 6-8 slices. Melt the butter in a frying pan and add the leek and sugar, cook for 2-3 minutes then add the apple and cook for another 5 minutes or until the leek and apple are golden brown. Set aside and keep warm
2. Heat the oil in the same pan and cook the pork over medium heat for 3-4 minutes each side, or until cooked through. Remove from pan, cover with foil for 5 minutes then cut into thick slices
3. Place the sweet potato in a saucepan of water, bring to boil, then reduce heat and simmer for 5 minutes until tender.
4. Combine the flour and mustard in a small bowl, then add the cream. Add to the frying pan and cook, stirring until bubbling and slightly thickened. Add the pork and chives and stir until warmed through. Season.
5. Drain the sweet potato when just about tender, add the remaining butter and enough milk to moisten, season and mash with a fork or masher.

To serve arrange the pork over the leek and apple and spoon on the sauce. Serve with the sweet potato mash and steamed vegetables of your choice

And an addition for your sauce recipes

#### BÉARNAISE SAUCE

Put a tablespoon grated white onion, 2 tblsp white wine vinegar, 1 tbsp fresh tarragon leaves, 1/2 tsp dried tarragon leaves and 1 tbsp water in a SMALL saucepan.

Bring to the boil, then reduce the heat and simmer for 2-3 minutes until the sauce reduces to 2 teaspoons. Remove from the heat.

Whisk 2 egg yolks with 1 tsp water and add to the pan, combining well. Gradually whisk in 80g melted butter.

Strain the sauce through a fine strainer, season with salt & pepper and stir in 5 shredded tarragon leaves. Serve with char grill steak or vegies.

A guy wants a divorce.

He tells the judge, "I just can't take it any more. Every night she's out until way after midnight just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers

"Looking for me."



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### Mental Confusion and Water Drinking

By: Arnaldo Liechtenstein, physician.

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?*

Some offer: "Tumours in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

uncontrolled diabetes;  
urinary infection;  
dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body.

It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

\*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies.

People over 60 have a lower water reserve. This is part of the natural aging process.\*

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

\*Conclusion:\*

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. \*Get into the habit of drinking liquids\*. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

\*The important thing is that, every two hours, you must drink some liquid. Remember this!\*


2. Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Did you like it? So spread it out! DON'T FORGET TO DO IT NOW!

Your friends and family need to know for themselves and help you to be healthier and happier.

It's good to share!



**Joanne Penton**  
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Our **GREY GHOSTS** have been on the road again!  
 Can't keep them home.

Need to see the south Coast again before it's too late for us, so across the Sydney freeway west of Hexham and onto the Golden Highway. We bypass Gulgong due to the very narrow streets of this old gold mining town, to Mudgee, and camp at the Taralga Showground surrounded by a flock of sheep. Dinner here at the original pub built in 1876. No poker machines so lots of conversations. Great. To Goulburn and over the range to Batemans Bay. Years since we were here and as expected development is staggering. Up the coast a short trip to see friends at Burrill Lake and the very small block facing the lake they have lived in for years could buy a couple of Bentley cars and have change.

"Always wanted to see the cheese factory at Bega" so off we go; nup, closed for "an incident" whatever that means. Head west on the Snowy Mountains Highway. Like so many areas last year, these mountains suffered during the bush fires and for the next 100kms or so we travel through areas that, due to the type of undergrowth and trees, will never, unlike our coastal flora, regenerate. This means that the stark blackened fingers of dead trees will be a feature for many years.

Onto Cooma, a new enthusiasm wherever we travel is evident. Rain has produced wonders, both to the landscape and the attitude of those wherever we go. We begin to see evidence of the "Snowy Scheme" at Adaminaby and Lake Eceumbene. Conveys of log trucks hauling burnt logs from the plantations to local mills

We are in the Great Dividing Range now and onto Talbingo at the top end of Blowering Reservoir which retains three times the water of Sydney Harbour.

Visited perhaps the only private broom factory in the country at Tumut and have one made for us as we looked on. Unfortunately the broom straw is no longer available in Oz and must be imported from Mexico. The result is identical to the "Ecallaw" (Wallace backwards) brooms made locally in years past. Many log trucks here as well salvaging whatever is possible from the burnt forests.


During our spell here beside the Tumut river, notice that it is flowing quite rapidly but no rain anywhere here for some months. What? Of course, this is water from the Tumut 1 power station following it's passage through the electricity turbines upstream.

Through Gundagai and camp beside the river at Jugiong with dinner at another old pub. Great food. Notice in the morning that the river has risen half a metre. What?? Appears that water was released from Burrinjuck dam overnight.

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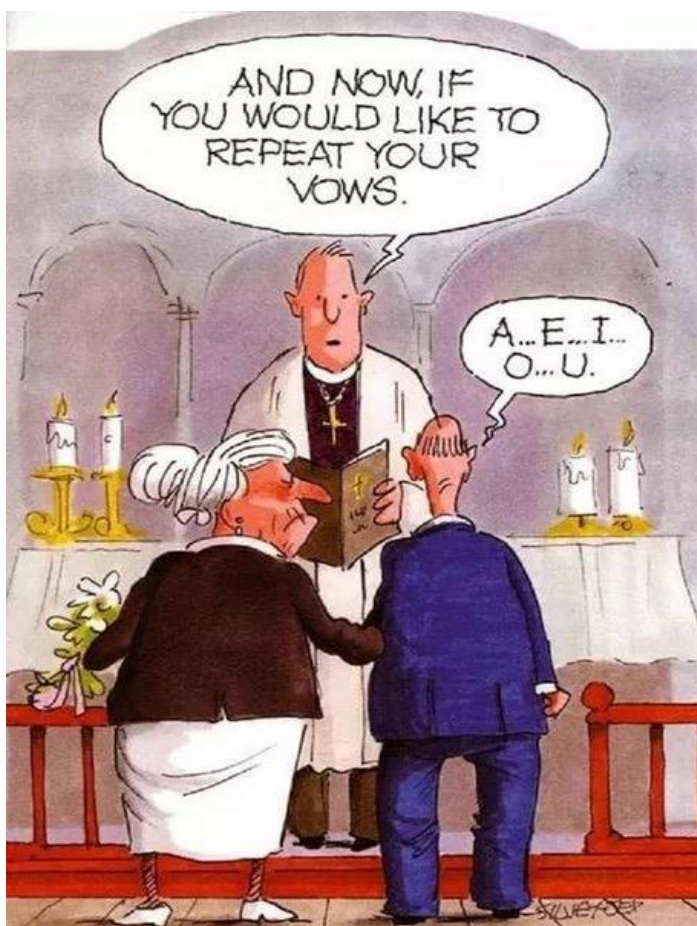
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Stop at a roadside coffee shop at Bowning. Turns out the owner could be a relative or something of the bride. Yeeks!

On the home run but must call at East Gresford to discuss family tree stuff. Warning Here. The "road" from Singleton-Gresford-Dungog is best avoided if possible. Will need serious dental work done after this experience. In areas of Singleton the patches outnumber the original road surface so we are pleased to strike the MidCoast Council boundary a few kms east of Dungog where things start to improve. Home again and repair the van after the rough roads just mentioned. Good trip, but time to go again.



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## Good Medicine

### Creation and Science

Did you like learning about science at school? My preference was the science involving stars and planets.

When NASA launched Voyager space probes in 1977 they showed us a lot about the distant planets and also the sun. For instance, the sun's super-hot atmosphere, called the corona, emits the solar wind, which is up to 750 km per second ...phew! Fortunately though, we are protected from the particles in the solar wind by earth's strong magnetic field, which traps them - and they then show up as the aurora borealis (northern) and aurora australis (southern) lights ... which is all mind boggling to me.

Facts about nature and animals is more in my line. The Bible says God created the heavens and earth, *Genesis 1:1*. There are too many wonders in creation to mention, we see them every day ... the sun shining ... rain falling ... birds flying...

Take bees for example ... scientists have discovered that bees are able to link hundreds of flowers in a way to minimise travel distance, and then reliably find their way home, "not a trivial feat for a creature with a brain the size of a pinhead!" Does that point to accident or a Designer? Computer engineers have yet to design a super computer that can match this performance.

Other facts about bees is they instinctively know what their job is as soon as they hatch ... the Queen bee can lay up to 2,500 eggs a day ... and a worker produces 1/12 teaspoon of honey in a lifetime of about 6 weeks. No wonder we need so many bees!

Then there are the many wonders relating to the human body which doctors (and us) are confronted with every day, such as "the retina of the human eye contains 137 million cells while the focusing muscles move about 100,000 times a day". Even Charles Darwin thought it **absurd** to imagine the eye could have evolved.

I'm sure you can think of many more facts about creation.

Worldwide, many scientists believe the Biblical account of creation. Atheist Fred Hoyle from Cambridge University states that life evolving is as unlikely as a Boeing 707 being assembled by "a tornado sweeping through a junkyard".

Respected scientist, Stephen Hawking, acknowledged the "universe and laws of physics seem to have been specifically designed for us".

As humans we are made in God's image, *Genesis 5:1*. We are unique, not a form of animal ... for instance we can appreciate God's nature and respond to His love, create and enjoy music, make discoveries like electricity and use the "law of aerodynamics to transport ourselves around the globe"

Many fascinating articles about creation can be found on the website of Creation Ministries International or [creation.com/australia](http://creation.com/australia). There is also Creation Magazine and back issues are available at reduced cost.

It takes a lot of faith to believe in evolution ... I'd rather believe that God made us and has a plan for our lives.

Quotes from Word for Today

*The Counsellor*

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 22nd March, 2021.** **Volunteers and Committee members welcome to join.**

**HALL MARKETS:** 3<sup>rd</sup> Sunday of the month. 8:30am to 1pm. Come and choose from a wide selection of craft, fresh produce & plants, bric-a-brac, 2nd hand books & kids toys. Enjoy a hot breakfast or Devonshire tea or coffee. "Lucky Tree" Hall Raffle. New stall holders welcome.

Krambach Hall (School of Arts Inc.) has spaces available and is looking for more Stall Holders. One table costs \$11.00, two tables are \$16.00 and 3 tables are \$22.00.

Phone: **Judy** on 6559 1375 to book a stall

**HALL BOOKINGS:**

Contact **Fay Deer** on 6559 1562 or **Helen Legg** on 6559 1211

## News From The News

### Nabiac Community Church

Services are held every Sunday at 10:00am

Holy Communion is celebrated with the service on the 3<sup>rd</sup> Sunday

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

### St Bernadette's Catholic Church, Krambach

**March** times are Saturday 6<sup>th</sup> at 6:00pm - Saturday 13<sup>th</sup> at 6:00pm - Saturday 20<sup>th</sup> at 6:pm, Saturday 27<sup>th</sup> at 6pm, ( **contact Helen Legg** on 6559 1211)

April Mass - Saturday 3rd 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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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, on 0412 778 494

Lance Fletcher, Blackbutt Drive, Failford on: 0409 850 671

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