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# ACROSS THE FENCE

## ANZAC DAY

**Sunday 25th April**

### **Lest We Forget**

**"Light up the dawn" at your place at 6am and  
remember our Service Men & Women who have died for us and those still  
serving who keep us safe**

Details of Marchs page 3

**HAPPY EASTER TO ALL  
SAFE HOLIDAYS KIDS**



Daylight-Saving  
Time Ends Sunday 4th  
Remember to turn  
your clocks back

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## Editorial.

Hi all,

What a week. I missed the flood up here but got stuck in it in Sydney for the week, causing me to miss the things I went down there to do.

Everyone has commented on it so I won't, except to say I hope everyone in our area survived with no damage like that which occurred in Wingham and Taree.

Liz Rees apologised for the lack of her article, but asked me to mention that the yellow flowered senna (cassia) is back and to watch out for it. (weed). She is coping with mud at her place.

Not sure what happened to our Art article. Hope Kate is OK.

Didn't realise that this month was the beginning of Easter, the school holidays and end of the dreaded daylight savings, so you will all possibly get the paper late because of Friday's holiday. And ANZAC Day will creep up in the middle of all this as well.

We have seven new advertisers this month and I don't think I have seen a garlic the size of the ones being advertised on the back page. You would only need to buy one and it would last you for months. Humongous!

The ANZAC marches and services are ON, albeit with COVID safe rules.

We were fortunate that the Show committee decided to not go ahead with our show this year as it would have been cancelled due to the grounds being still a builders mess and now soggy. Hopefully it will look fresh and updated by next year.

With the fire permits now not needed I am hopeful of finally getting my fires lit (when they dry out!) and getting all the fallen branches and six million bags of leaves I have stored in the shed to keep dry, burnt. Don't put them on the piles as they only get wet and then the fire smoulders for ages instead of burning quickly.

Also have to attack the jungle that I am living in. Didn't think weeds could grow so fast or so high.

My best wishes to all for a dry, warm Easter break and continuing good weather for the kids during their holidays.

Keep well and fingers crossed that we survive the COVID problem when we can get vaccinated.

Remember to put your clocks back on Sunday.

'til next month

Lyn & Tilley Cat & Timidthy



## WHAT'S HAPPENING IN APRIL, 2021

### Markets & Events.

• Bulahdelah	(1st Sat)	3 <sup>rd</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 <sup>th</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	10 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	10 <sup>th</sup>	
• Myall Quays	(3rd Sat)	17 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	<b>(3rd Sun)</b>	<b>18<sup>th</sup></b>	8.30am to 1pm
• <b>NABIAC</b>	<b>(Last Sat)</b>	<b>24<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	25 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	25 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	11 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	4 <sup>th</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 <sup>th</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 <sup>th</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	11 <sup>th</sup>	9am to 12.30pm

**Not sure if the markets are all open as the council has closed all public spaces due to the wet grounds. Check before going out.**

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**

# Happy 9th Anniversary Nabiac Hair & Beauty Salon



April is the month we celebrate 9 years in our salon

Wow, time has seen so many changes within the salon, some good and some bad.

One thing that HASN'T changed is the loyalty of my clients within this wonderful community. Heartfelt "THANK YOU" to all for your understanding with the changes.

With the month of April, Shaz's appointment book is now **RE-OPENED** and she is taking new clients.

If you are new to town and wish to make an appointment for your hair, please phone her DIRECT on mobile 0410 541 672 and **PLEASE** leave a message as there is NO landline.

Salon is closed on Wednesdays & Saturdays.

*Note: the salon will be closed on the following days over the Easter break*

Good Friday	2 <sup>nd</sup> April
Easter Saturday	3 <sup>rd</sup> April
Easter Monday	5 <sup>th</sup> April
Will re-open	Tuesday 6 <sup>th</sup> April



Wishing you all a

**Happy Easter and Safe Travels**

Shaz ☺

## NABIAC RSL



### NABIAC ANZAC DAY MARCH & SERVICES

Sunday 25th April.

A DAWN Service will take place in the Memorial Park - 5:45am for a 6:00am start, hosted by the Nabiac Public School & DONK is providing the sausage sizzle afterwards

Then the **main (adapted) service** will be preceded by a march from the Nabiac Primary School progressing to Nabiac Memorial Park.

Could participants please assemble at 10:00am for a 10:30am start in front of **Nabiac Primary School**

COVID rules and spacing will take place.

Lest We Forget

Arthur Chapman



## Nabiac Native Nursery

Manager  
Carmel Spark

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## Nabiac Pharmacy news

**H**ello to all from all of us at Nabiac Pharmacy. We are lucky here to have been joined by two new staff members recently, with **Jazmin** and **Chelsea** coming on board to help the local community.

We must also thank you for your patience during the recent floods as we were not able to trade normally for about a week. It's very lucky for us and most others that power outages and tech troubles were the worst of it; our sympathies go out to those who have lost so much. The community has proven itself to be very tough, as we have had the worst of four things (drought, fire, disease and flood) in generations.

Speaking of disease, we are now providing flu vaccinations between 9am and 5pm weekdays and 8:30am to 11:30am Saturdays. An influenza vaccination must be ideally had two weeks away from a COVID vaccination, so please take this into account. We will be uploading your vaccination record to the Australian Immunisation Register so that it is visible to others who help you with your health.

Many people have asked if we will be providing the COVID vaccines. We have applied to be part of the COVID vaccination program and at this stage been told our application is being assessed. Currently it looks like pharmacies won't be providing them until at least June.

Tim



## ANZAC DAY - 25th March, 2021

### ANZAC DAY MARCH AT KRAMBACH

The March starts at Leo Carney Park (near Tennis Courts) at 10:30am, where a wreath is laid at the Memorial

The March then proceeds to Krambach Hall Memorial where another Wreath Laying ceremony is held, followed by a Commemoration Service

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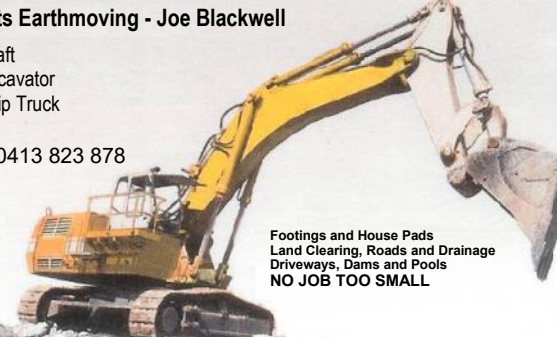
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*Between the Pages*  
**Nabiac Library News**

Hello there to all our local Nabiac and surrounds residents, library members and friends. It has been a torrid month for us all. It is rarely that we see such an extreme weather event with so much rain and resultant flooding and devastation across so many areas. Our hearts go out to the many people who have been affected across our region. It will be a long road to recovery, with so many properties and roads affected within our region.

The good news is all our MidCoast Council Libraries are now able to open for business as usual. This includes our wonderful Nabiac Library, hiding away in the Nabiac Showground. Don't worry if you cannot make it to town, all library loans across our region have been extended for three weeks.

Easter school holidays and Seniors Week are both quickly approaching in the coming month and Nabiac Library has a number of events happening to celebrate these events.

**For the children during Easter school holidays:**

**Marionette Puppet Workshop** to be held at Nabiac Library.  
Wednesday 7<sup>th</sup> April from 9.30 to 11am



Use your imagination and creative skills to make a fun marionette puppet. All materials supplied.  
Suitable for 5 yrs + go to [library.events@midcoast.nsw.gov.au](mailto:library.events@midcoast.nsw.gov.au)

**Seniors Festival 2021 – Events at Nabiac Library**

Seniors Week is an annual event that celebrates our elder community enjoying life in Australia and that includes at our local libraries.

This year Nabiac Library celebrates with three events for our local seniors' community at Nabiac.



- **Seniors Festival: Tech Savvy Seniors-Intro to Smartphones-Nabiac**
- **When:** Friday, 16<sup>th</sup> April, 2021 | 09:30 AM - 12:00 PM

Celebrate this year's Seniors Festival with us! Become tech savvy and learn the basics to navigate your mobile smartphone (BYO device).

In this workshop, you will learn the basics of how to navigate your way around a smartphone with a touchscreen. You will learn how to turn the phone on and off, make and receive calls, add a contact and look up a contact, and change the volume on the phone. You will also learn briefly about apps, what they are, how to download them, and the costs associated with them.

This will be followed by:

- **Seniors Festival: Tech Savvy Seniors-Introduction to Tablets - Nabiac**
- **When:** Friday, 16<sup>th</sup> April, 2021 | 01:00 PM to 03:30 PM



Celebrate this year's Seniors Festival with us! Become tech savvy and learn the basics to navigate your tablet (BYO device).

In this workshop, you will learn how to navigate the web using a tablet device. You will learn the differences between a PC and a tablet and how the two can work

together. You'll also learn how to start up programs on your tablet, connect wirelessly to the internet and how to navigate using a virtual keyboard.

**Tech Savvy Seniors is a NSW Government Initiative in partnership with Telstra and the State Library of NSW.**

And to finish with a creative flair!

- **Seniors Festival: Napkin Decoupage – Nabiac**
- **When:** Tuesday, 20<sup>th</sup> April, 2021 | 09:30 AM to 11:00 AM



Join us to celebrate this year's Seniors Festival with a napkin decoupage workshop at Nabiac Library

Decoupage is the art of decorating surfaces by layering and gluing papers. Learn how to decorate an eye-catching notebook using paper napkins and decoupage skills. Create something uniquely special! All materials supplied.

All of these wonderful events are available at our Nabiac Library free of charge. You can book online by going to <https://library.midcoast.nsw.gov.au/Events> and search for the events OR

Alternatively, just call into our library at Nabiac and ask us to help you book in or ring Forster Library on 7955 001 to ask them to book you in.

We would like to wish all our Nabiac Library friends and staff a very Happy Easter and just remind all of you that Nabiac library will be closed over the Easter long weekend. And does daylight saving end that weekend as well? Jolly well hope so!

Please remember that our entrance at the Showground is still via Showground Lane and the back gate as weather conditions have delayed the completion of the upgrade to the main entrance on Nabiac Street.


See you next month at the Library!

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## Show News

### Wallamba District Show in 2022

Hoping each of you, your family and friends have been minimally affected by the floods and all are recovering as well as they can.

Here's also hoping the Royal Easter Show does occur this year as COVID and the weather are getting in the way of our regional Shows. We feel for the Gloucester Committee and volunteers having to postpone theirs at the last minute.

As mentioned in January, the Show Committee and members are back on track to start planning and actions for our refreshed Show on Saturday 19<sup>th</sup> March 2022. The suggestions have been coming in and some good ideas being acted upon. It's looking like next year will see some new, but also some old, though not for a while, attractions will appear. No clues until closer to Show time.

We're still keen to have new folk join the crew. As you see in the photo, there are lots of fun things to get involved in throughout the year, not just on Show day. The more hands on board, the more fun we have and the more we can spread the workload to 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 are keen to focus on sponsorship, wish to 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. Please give this some serious thought and contact the writer to discuss offerings and options.

### Community Building Partnership Grant

This NSW State Government grant got us a new grandstand. 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 working bees (2) have happened and the new mobile grandstand to seat 55 people has been constructed. Here's the photo of it and some of the contributing parties.

**Sally Henderson**

Secretary 0420 397 463

E-mail: [wallamba.show@yahoo.com.au](mailto:wallamba.show@yahoo.com.au)



"Steve Bromhead with some of the Show members who helped assemble the Grandstand"

## Krambach Garden Lovers News



This is a very short report as we have all been house-bound because of the weather

Things have been a little soggy of late - our March meeting had to be cancelled because of the weather and so our next meeting will be in Krambach Village at Leones on Monday 26<sup>th</sup> April at 9.30 am - Hope the sun is shining

I feel for the poor people who have been flooded and hope that their gardens will spring back into bloom. My garden seems to be full of weeds, some taller than I am.

If you would like to meet new people who enjoy gardening come along to our meetings - new members always welcomed. (Contact 6559 1375)

Until next time - happy gardening

*Judi*

**Mark Hinton**  
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## MINIMBAH MATTERS

**Minimbah Rural Fire Brigade** knows exactly how you feel – wet! As at the time of writing, (26<sup>th</sup>) our station has received 1,065mm of rain this year. That is double what we received for all of 2019. In fact, in the week commencing 17<sup>th</sup> March we received 495mm. In 2019 our annual total was 530mm. We have found ways to occupy ourselves though; e.g. by removing fallen trees from the roads, assisting SES by setting up and running an Air Base at Taree airport. The NSW Rural Fire Service is not all about fighting fires. Bet you can't wait for the "fire season" to finish.



Good news, and this is not a cruel **April Fool's Day Joke**.

Believe it or not, the Bush Fire Danger Period has finished.

**Effective from 1<sup>st</sup> April, 2021 you will not require a fire permit** if you wish to do some burning off. BUT, you know the deal. Like any good bargain, if it sounds too good to be true, then it probably is.

**Terms and Conditions do apply.**

**Prior Planning and Preparation** is the key to a successful and safe burn. You will need to:

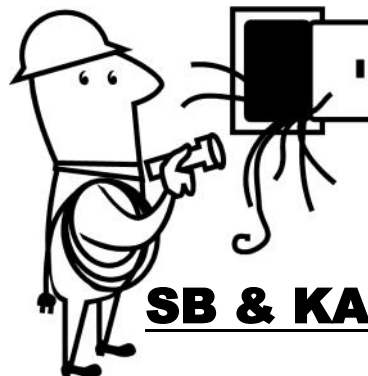
- ❖ Clear around the area to be burnt.
- ❖ Give at least 24 hours' notice to:-
  - your neighbours – across the fence, across the road or across the river;
  - NSW Rural Fire Service. You can do this online by simply going to [www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify) and following the prompts. If you do not have internet access, you can notify **Mid Coast RFS District on 1300 643 262**.
- ❖ Make sure you have sufficient equipment and helpers to control the fire and contain it to your property.
- ❖ Check the current and predicted weather conditions.

### **While the fire is burning:-**

- Do not leave the fire unattended
- Be aware of changing weather conditions
- It's a good idea to have a phone handy



**You are NOT permitted to light fires on Total Fire Ban days**



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*It is an offence and attracts large fines and possible imprisonment.*

If you need to clarify any rules or for more information, please call **NSW RFS Mid Coast District Office .. .. 1300 643 262**

As mentioned in last month's Across the Fence, our Brigade will be celebrating their 40<sup>th</sup> Anniversary in May. We will begin distributing invitations to residents in our Brigade Area soon, so check your mail box, gate post, front gate for yours. If you are new to our area, or are only here occasionally, this would be the perfect time for you to meet us and to get the low down on fire related things. Don't be shy. Please, for catering purposes, let us know if you are planning to come. The details below are so you can write it in your diary right now.

**You are invited to help us Celebrate 40 years of service to the community.**

**Our plan is to have a simple sausage sizzle, a cake and a cuppa, a trip down memory lane and a good time.**

**Saturday 15th May, 2021  
11 a.m. to 2 p.m.  
Minimbah Fire Station  
681 Minimbah Road  
Minimbah**

**We aim to have sausages sizzling by noon.**

**For catering purposes, it would be appreciated if you could RSVP by 11th May to either**

**Daylight Saving ends at 3a.m. on Sunday 4<sup>th</sup> April.** If, by any chance, you are doing some burning over the Easter break, don't forget that you have an extra hour up your sleeve. It's the perfect time to **check your smoke alarms and replace batteries** if required. It won't take the full hour so you will have spare time to sit and watch the grass grow, and grow.



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# Nabiac Second Chance Opportunity Shop

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(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

37 Nabiac St, Nabiac

6554 1876



Mid North Coast

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Headlights

## 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**

From all of us at the OP Shop we hope everyone has come through the extreme wet weather conditions recently and hasn't been affected too much.

Our thoughts are with those who have lost everything.

Unfortunately the Op Shop had to close for 5 days. The main reason for the closure was for the safety of our wonderful volunteers as many had to travel to Nabiac, and with roads conditions not been safe and closures causing some being cut off, we had to make the hard decision to close until the worst was over. It was a matter of keeping all volunteers and customers safe. I would like to take this opportunity to apologise for any inconvenience to all our dedicated customers.

Hoping the sun continues to shine.

Nabiac Op Shop and Shed will be closed over the Easter Weekend,

**Friday 2<sup>nd</sup> to Monday 5<sup>th</sup> inclusive.**

**We will reopen on Tues 6<sup>th</sup> April 2021.**

A friendly reminder the Op Shop and Shed will be closed 7<sup>th</sup> April 2021 for restocking and a general tidy up.

This will be an ongoing closure each month. Reopening on Thursday 7<sup>th</sup> at 9.00am. We apologise in advance for any inconvenience.

Our Covid19 Safety Plan is still in place and conditions of entry still apply.

### **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 including kids bikes, scooters, electrical goods and mechanical equipment. This change came into effect on 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 make us unable to accept certain things as donations and unable to sell those already in place; a friendly reminder of those items which include prams, all baby and child car booster seats and capsules, cradles, cots including portable cots and bassinets and mattresses, high chairs, all beds and mattresses, bean bags with beans and all bike helmets. If uncertain about any donations please call the Op Shop on 6554 1876 between 9.00am to 12.00pm Mon to Fri for further information.

**Please be mindful when donating.**

The Op Shop appreciates all your generous donations unfortunately there are restrictions on what can be accepted and Nabiac Second Chance Op Shop must adhere to these restrictions.

We are in need of good clean bed linen and blankets. These items would be gratefully accepted and appreciated.

Thankyou in advance for your co-operation and generosity when donating.

The library in the shed has been expanded to hold more books so come on in and check all the books along with all the other goodies.

In the shop we are currently putting out our winter range of clothing in all our rooms. We have plenty of winter jackets and scarves out on display. They are all in very good condition. Jacket Prices starting from \$3.00. Scarves are \$2.00 or included in a \$10.00 bag of clothing.

The \$10.00 bag of clothing is a continuing sale.

We have a lot of soccer and football boots for sale for kids and adults. Some are almost brand new. Prices start at \$3.00 depending on the condition.

From all of us at the Op Shop we would like to wish you all a very Happy Easter and enjoy the long weekend with family and friends. If travelling please stay safe.

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

## Yoga

**Monday nights**

(during term time)

**6.30pm—7.45pm**

@Nabiac Primary School Hall



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### Nabiac Memorial Neighbourhood Centre



**Welcome to new members** who have recently joined the Neighbourhood Centre. Our newest members are volunteering at the Op Shop and selling their home made goodies at the Nook.

**Maintenance** has again kept us busy. The verandah floorboards on the western side of the old building have now been replaced. This was partly funded by a \$2,000 heritage grant from MidCoast Council. The beautiful Liquid Amber in the carpark provides much shade for both the pre-schoolers playground and the carpark. We've been investigating it's health and have received a report from an arborist who advised that the tree has a further 20 -40 years of life so we'll be having some tree maintenance work done. Recent rains have caused further leaks in the roof that are being investigated.

**Security cameras** have now been installed to monitor the Op Shop donations bin and the car park. Rubbish dropped at the Centre and into the donation 'bin' continues to be a concern. It's costly for us to dispose of and very unpleasant for the volunteers who sort it.

**Defibrillator** - Halliday's Point Lions has been fundraising for another defibrillator for Nabiac (others are at the Hotel and the Sports Complex). Lions have requested \$500 towards the project and they intend to install it at the front of the Neighbourhood Centre.

Two exciting **community art projects** are happening in Nabiac. The Show Committee is planning an **art work for the new showground entry**. We have agreed to fund \$7,000 for Stage 1.

Nabiac Pre-school is planning a **mural project for the skatepark**, funded by the Pre-school.

Thank you to the Op Shop volunteers and to those volunteering on the Show Committee, the Pre-school Committee and the Community Garden. As a community we are very fortunate to have all our volunteers.

**Louise Collins**, Secretary, Nabiac Neighbourhood Centre

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**CTC@Nabiac**

CTC is now open on Tuesday mornings from 9:30am to noon.

You need to ring Sheila on 6554 3032 to book for computer support as numbers are limited because of Covid.

Sheila and I are there offering computer support and photo-copying.

Jillian Wood



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## WALLAMBA CWA REPORT

Thirteen members were welcomed to the March 9<sup>th</sup> meeting of Wallamba CWA Branch by President **Margaret Weller** when it met at the Nabitac Village Community Church Hall. The meeting was declared open with three apologies being accepted. Following the formalities of the National Anthem, CWA Prayer and Motto the members paused to remember the passing of former member **Roslyn Mitchell's** husband, William Bede (Bill) Mitchell, of Wingham, **Roslyn Bird**, Mrs **Norma Cox** of Taree (a relative of President Margaret & Bruce Weller) and **Claude Brislane** of Wingham.

Member **Merle** provided this month's thought which was "**When you find no solution to a problem, it's probably not a problem to be solved, but rather a truth to be accepted.**" Penny has offered to bring the thought for April's meeting.

A number of items of correspondence were read and dealt with including an invitation for members to join, via zoom, ACWW President **Madgie** in London for Afternoon Tea on 23<sup>rd</sup> February. Not many of our members are up with the modern technology so not sure if any took up the invitation. The 2021 South Pacific Area Conference of ACWW was also to be held on 8<sup>th</sup> March with a digital presentation hosted by Australia's **Gail Commens**, who is the South Pacific President.

In correspondence we learnt that the CWA Drought Aid Scheme was winding up on 12<sup>th</sup> March after distributing over just under \$19 million in assistance while it was established. A great effort.

Members **Merle** and **Fay** have put up their hand to attend the NSW CWA State Conference being hosted in Bega and it is to be hoped that it will go ahead without problems or disruptions, health and weather wise.

There was to have been a Council Meeting set down for Harrington the next day, 10<sup>th</sup> March, so attendees will give a report on it at our April meeting. Meanwhile the Friendship Day had been planned for Bonny Hills Wednesday 31<sup>st</sup> March and at the time of writing this report hadn't heard if it had been changed. The devastating weather on top of the Covid-19 has certainly played mischief with planned functions and get together for everyone this year.

Handicraft Officer **Merle** reported on the competition held at Harrington and informed members that the Branch had 3 items going on to State, 2 items made by member **Coral** - a doiley and needled felted possum - and **Merle's** toddlers vest. Member **Norma** also took out a 2<sup>nd</sup> place with her baby's cardigan. Congratulations were also extended to local **Sally Henderson** for her Hand Woven Pure Wool

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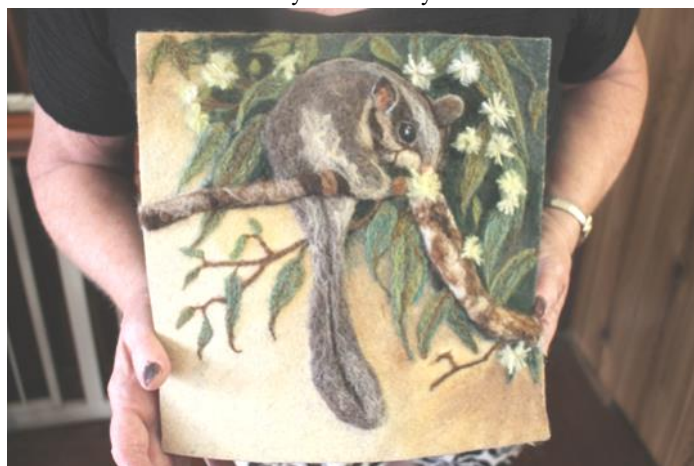
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Scarf in the Land Section. Harrington Branch won the prize for 4 aprons and 2<sup>nd</sup> place went to Gloucester. Merle said there were some very creative and elaborated designs amongst those displayed. Wallamba's 8 items scored 578 with nothing under 70 points, whilst Nambucca Heads took 1st place and Kendall coming in 2<sup>nd</sup>. Member **Merle** is again nominating for a position on the Handicraft State Committee which will be decided at the State Conference being held at Bega.

**Penny**, our International Officer, gave us some staggering statistics on Ecuador and how badly they have been impacted by the Corona-virus and is one of the hardest hit countries in South America.

Cookery Officer **Jean** worked out who was making what for the Group Cooking competition which was to be held in conjunction with the Friendship Day at Bonny Hills Wednesday 31<sup>st</sup> March. Hopefully the ladies did well and we will learn how they fared at the April 13<sup>th</sup> meeting of the Branch.

**Coral** and **Ruth**, our Ag & Environment Officers have been hard at work researching our topics for 2021, Possum and Pimelea. Coral gave us some interesting facts on the Leadbeater Possum that had been declared a threatened species in 1994. Coral showed off a beautiful Needle Felting picture of a Leadbeater Possum she had recently finished - she is indeed a very talented lady.



Ruth had brought along a most unusual flower from her garden - which I believe is called a back flower - and it took pride of place on

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the executives table.

Penny spoke briefly about her Cultural role in the Branch saying executive members are looking at what 'culture' means and there could be some changes made. Group Cultural Day will be hosted by Gloucester Branch on Tuesday 31<sup>st</sup> August – all being well.

Bulahdelah CWA ladies were planning to host a Friendship Day on Wednesday 24<sup>th</sup> March to which Merle & Coral were intending to attend. Not sure how it went due to the flooding

rains we experienced around then.

President Margaret Weller gave a wrap up on this year's World Day of Prayer Service prepared by the Women of Vanuatu and the service held in the Uniting Church at Nabiac which was attended by 16 ladies. Guest Speaker on the day was **Rev Helen Quinn** who had invited the three **Paulson** sisters **Pam**, **Noelene** and **Janice**, whose grandfather had migrated to Australia from Vanuatu.

The event raised \$136 from the free will offering and was forwarded to the World Day of Prayer Committee.

Margaret also spoke of attending the International Women's Day Lunch at which Police Inspector **Christine George** was guest speaker as was **Gillian Oliver** who is part of Art & Soul – a therapy art class for service personnel who have suffered with PTSD and the raffle conducted on the day for this work amount to \$1,000.

Best wishes go out to those members who are dealing with health and family issues – our thoughts go with you.

Next month's meeting will be held on Tuesday April 13<sup>th</sup> at the Nabiac Village Community Church Hall starting at the usual time of 10.00am. All are welcome including those ladies who might like to become a member.

We had former member **Pauline Graves**, who now lives in the Newcastle/Hunter region pop in on her way home from Port Macquarie and it was great to catch up with her again.

### **Pamela Muxlow**

Publicity Officer  
Wallamba CWA Branch

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The Nabiac Farmers Market Committee is seeking a person/s with training and/or experience to coordinate The Nabiac Farmers Market on a monthly basis. Our Farmers' Market is one of the largest on the mid north coast and is held on the last Saturday of the month excluding December. Currently averaging 70 – 80 market stalls per market. The Nabiac market has been successfully operating for the last 18 years under the motto "Grow it, Make it, Bake it!"

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- Experience in working with a not for profit organisation and within the local community
- Dedicated phone for market use/contact available
- A small remuneration is also available

Please contact:

The Co-ordinator and Committee Nabiac Farmers Market

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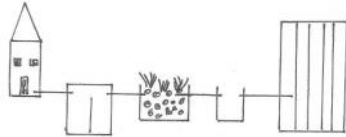
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**The Wallamba Watershed's History** – Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1940, by Bob Mann

**MANNING SHIRE MEETING—DECEMBER 1940: DEPUTATION TO COUNCIL:**

At Monday's meeting of the council Cr. *Wright* introduced a deputation of 3 from Minimbah. Mr *Salter* was the spokesman of the 3 which included a lady. He said some time ago the Council gave a donation of £20 towards work on the road and already the residents had put in £65 in wages and £30 for the hire of the lorry. They had only about 100 yards to go to complete the work which had been more costly than they had anticipated owing to the road having to be risen about a foot. If the shire would give them another £20 he thought they would complete the road. Owing to the state of the road he was forced to cease sending his cream to the Tuncurry factory, but if the road was put in order he would again send it there. The President said the money the council gave had to be spent on the portion of road under its control otherwise they might be surcharged for the money. Mr *Salter* said the £95 had been spent on the shire road. The President said that he just had a ring about another matter in the district. He said the Shire Engineer would be going out to Forster the next day (Tuesday) and after they had finished their business they would take a run out to Minimbah and have a look at the road and see what could be done. On the motion of Cr. *Wamsley* and *Machin* it was decided that the President and Riding Committee inspect and they be empowered to grant the money asked for if they thought right.

**A FATAL ACCIDENT:** A fatal accident occurred on the road to NABIAC on Monday morning when Mr *William Everett Careless* was killed. It appears that he was riding a bicycle along the road and by some means or other came into collision with a lorry approaching him. Death was instantaneous almost. Dr. *McCredie* of NABIAC was called to the scene but deceased was then dead. The late Mr *Careless* went in for bee farming and had two aperies. It is understood he has a brother living in

Manly. He was an Englishman and a returned soldier having served in Palestine during the previous Great War. The remains were interred in the Failford cemetery, Mr *W.T. Howard* being the undertaker. Mr *Hubert Flett* - Coroner, who viewed the body, will hold an inquiry on a date to be fixed.

**COOLONGLOOK:** There was a great attendance at the Comforts Fund meeting held recently. The meeting was opened to the general public. Business was of a general nature. The committee approved of the action of its officers in presenting Sapper *Nilson* with £5 in cash on the occasion of his hurried send off there being no time to purchase a gift. It was decided to present each departing soldier with a gift or cash to the value of £5 at his farewell, besides supplying the usual comforts. A social committee consisting of Mr and Mrs *H.H. Woodward*, Mrs *Burns* and Mrs *Thompson* was appointed to arrange for the dispatch of Christmas Hampers and arrange suitable functions when send offs became necessary. The President mentioned that kitted socks were appreciated more than anything else by the troops but that very few ladies were knitting them. He appealed for more ladies to knit socks. Wool may be obtained from Mrs *McDean*, the Hon. Sec., whose address is Wootton. He hoped that more ladies would make application for wool and get to work. Mr *P. Bunt* thanked those who had helped with the Willa Race Club with gifts, cash or work on the occasion of the races in its patriotic effort. As a result of the effort at Willa the sum of £20.17s.9½d was handed into the treasurer for dispatch to the Federal Treasurer as a gift to help in the war. The treasurer reported that the sum of £4.4s.0 had been realised on the sale of a beast donated by Mr *D. Batchelor*. The balance now in the hand was just under £100. Accounts were passed for payment. It was decided to forward the sum of £2.10s.0 to Mr *McGrath*, late of Wootton, in order to bring his total send off gift up to £5. It was decided to hold a day's sports at Coolongolook on the 15<sup>th</sup> February in aid of the Comforts Fund, the programme to be arranged at the next meeting. The next meeting was set down for the second week in January.

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## Nabiac Village Futures Group

Our thoughts are with residents whose properties flooded during the recent heavy rains. Nabiac town area had water rising in the usual places with a number of people commenting that this rain event brought higher levels than they have seen before.

Woosters Creek rose higher than remembered with water inundating neighbouring properties. (see photo)

At our March meeting we discussed the **Highway Service Centre developer's proposal to alter Highway conditions at the Pacific Highway intersections of Dibbs Street and Pipeclay Creek Road**. A number of residents took the opportunity to express their concerns when Stephen Bromhead MP visited the town in early February. Submissions objecting to the proposals closed 25<sup>th</sup> February and the matter will be considered at MidCoast Council's next Traffic Committee meeting on 7<sup>th</sup> April. This Committee will then report to Council for Councillors to then decide if the proposed changes will go ahead.

We've also been discussing the **Return and Earn recycling scheme**. Check out websites for information about location, operating hours, and how you can be paid.

[https://returnandearn.org.au/return\\_point/resource-recovery-tuncurry/](https://returnandearn.org.au/return_point/resource-recovery-tuncurry/)

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Nabiac Bakery and Griffo's Butchers have requested **15 minute parking** in front of their businesses. Its hoped that this will allow better access to these businesses and deter people from leaving their vehicles parked there for long periods of time. Their request was approved at the February Council meeting.

You can contact us on [nabiacvillagefuturesgroup@gmail.com](mailto:nabiacvillagefuturesgroup@gmail.com)

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### Market News:

**Nabiac Farmers' Market is seeking a new coordinator.** Deborah Knoke has done an amazing job of running the market for the past three years and she will leave big boots to fill! Deborah and her husband Robert, who also has invested much time and energy into the market, are looking forward to family time and travels. See ad page 11

The Easter holidays will look very different for so many people this year. Many of the stoic people in our community will find themselves clearing up and fixing up something after the devastating floods – whether for themselves or for others. This Easter also sees the closure of markets across the region. We urge you to source local produce whenever it is available, to continue support of the stall-holder economy.

### STALL HOLDER FEATURE:

**PETRA'S PANTRY- gingerbread.** Spread some Easter fun with these delightful treats!

Anyone lucky enough to have visited Petra's pantry will agree that as you approach the workshop, the sweet, spicy aroma is simply delicious and irresistible!

A few years ago, I was chatting to Petra at the market, and she said she loves seeing the big smile on people's faces as they are given a gingerbread to enjoy.

Petra came to Australia fifty years ago from Germany, after signing up for 2 years! Petra and Rolf married in 1984, in 1985 their son, Oliver was born, and they moved to Nabiac in 1987. They fell in love with county living and never left, except for a few trips.

"When we moved up here to the country, I started going to markets to sell all the useless city stuff we brought up here. I noticed that nobody was selling gingerbread! You can't have a market without gingerbread!! So, I started to sell a few little gingerbread men. People liked them so I did more and more and more. And when I ran out of city stuff



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to sell, I already had a faithful clientele. So, I had to continue, and it snowballed from there. We've been baking gingerbread for more than 25 years and we're still going. I taught a few elves, and they are now out on their own, going to markets and shops.

I am happy to know that even if I stop making the gingerbread, it will still be available. Isn't it a

most peculiar occupation? One could never have planned it, it just happened. I'm so grateful, as this is some-thing I can do till I die. It gives me focus and interaction with all my lovely customers and in the community in general, it's very therapeutic when life gets too much, as I can see in one of my elves at the moment. And, yes it keeps me in pocket money".

These yummy treats, made with love, from good old-fashioned ingredients can be found at local markets – Hub, Blackhead Bazaar & Nabiac- also at the Nabiac takeaway, The Greenhouse Cafe & The Old Bank Centre. Petra's gingerbreads are also posted to Sydney and Queensland. They can be found in the Village Cafe in Old Bar. They were stocked at the Bohemian Cafe in Taree, until it was flooded, we don't know if she will be able to start up again.



Hopefully, the next market will happen on Saturday 24<sup>th</sup> April. Come along, enjoy the market and support our stallholders.

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;

**Ph:** 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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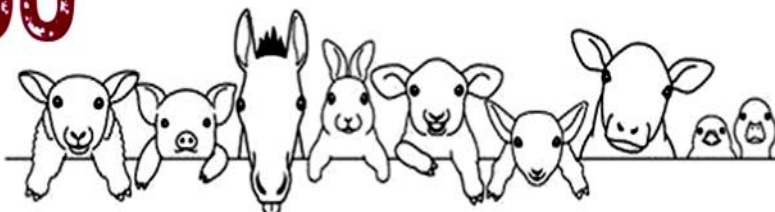
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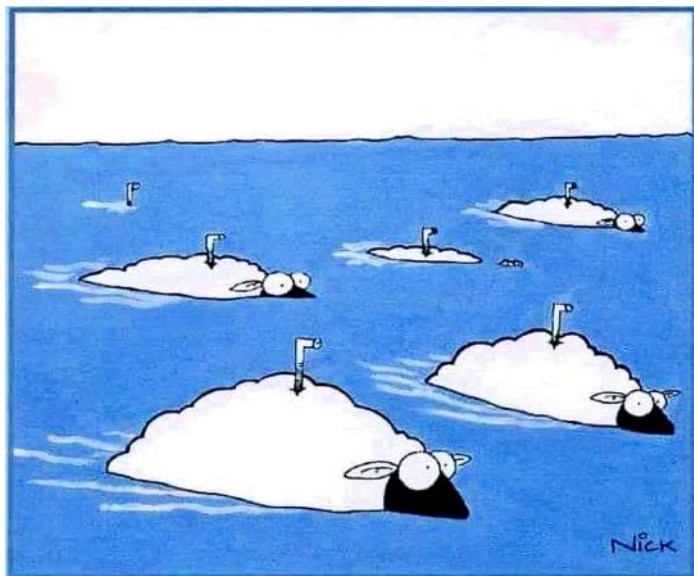
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## LOCAL RFS VOLUNTEERS LEAD THE WAY

Local NSW Rural Fire Service Volunteers are leading the way in the rollout of a plan to encourage and help MidCoast Rural Fire District (MidCoast and Port Macquarie-Hastings Local Government Areas) residents and communities reduce their risk of bush fire. The Community Engagement Strategy and Annual Action Plan has been developed in response to the recently released Bush Fire Risk Management Plan and focusses on assets listed at high or extreme risk of bush fire.

A key part of the NSW Rural Fire Service's philosophy and role has always been the prevention of fire; more prevention means fewer fires. In other words, a well prepared community is the way to go.

Inspector Guy Duckworth AFSM, Acting District Manager for the MidCoast District, said today that the area poses many challenges for firefighters.

"There is a diverse range of population and landscapes; with high tourism areas, large numbers of property owners travelling out of the area to work, growing numbers of retirees, and rapid population growth generally as people look for an alternative to living and working in large cities. Many new or part time residents are from urban areas, often people with little previous exposure to bush fire and living within bush fire prone areas."

Assets include rural residential estates and rural villages plus individual assets such as schools and tourist facilities. Many assets at high risk of bush fire can be treated in practical ways such as hazard reduction works or improved building codes. Others need a more personal approach and this is where our local volunteers fit into the plan. Simply by using and sharing their local knowledge and experience to pass on critical safety messages to their own communities, they are able to assist landowners to prepare for bush fire.

Over the coming months, local brigade members will be working with property and rural business owners to encourage everyone to complete a Bush Fire Survival Plan and undertake any work necessary to make themselves, their families, homes and properties more fire safe, not just for the coming summer but for years into the future.

For further information, please visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or contact your local NSW Rural Fire Brigade



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# Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

## PARLIAMENTARY FRIENDS OF NUCLEAR INDUSTRIES

I recently established the new bipartisan parliamentary group Friends of Nuclear Industries to support further research and development of nuclear technologies in areas such as medicine, transport, food, energy and resources.

Nuclear medicine is continuing to advance, as has nuclear energy, and we need to ensure that Australia is well positioned to take advantage of any benefits that come with the development of technology in these areas.

As new technologies are developed there is obviously interest among MPs from all parties about what solutions they may provide in addressing the various challenges we confront as a nation. This forum will aim to assist all of those with an interest in these emerging nuclear technologies to be more informed.

## HIGH EFFICIENCY LOW EMISSIONS COAL TECHNOLOGY

If we were to abandon coal, the lights would go out and many industries would shut down leading to massive unemployment. We must continue to reduce our greenhouse emissions and new technologies coming online will allow us to achieve this.

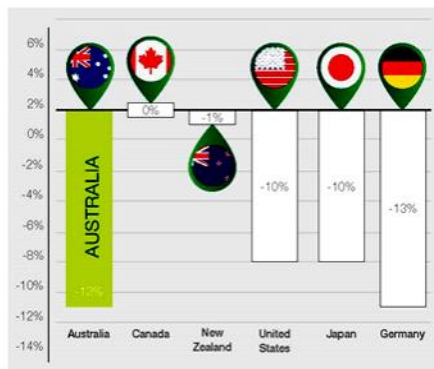


Last year I visited Centennial Coal with Barnaby Joyce and Matt Canavan, the Hunter Valley produces the best quality coal in the world. With new technologies being developed to deliver greater efficiency and carbon capture, there is the potential to significantly reduce emissions at our coal-fired power plants. Now is not the time to be abandoning the coal industry and the many other industries and jobs that rely on it.

If we want to boost Australian Manufacturing we need to deliver affordable reliable power and the only source currently available to do that is coal. I believe we should be building a HELE in the Hunter.

## MEETING AND BEATING OUR INTERNATIONAL TARGETS

Australia beat its 2020 Kyoto target by 459 million tonnes.



Source: UNFCCC National Inventory Reports, 2018 Data

We are on track to meet and beat our 2030 Paris target of reducing emissions by 26 – 28%.

On a per-person basis, that's a reduction of 50 – 52% (on 2005 levels).

This is more than France, Germany, Canada, New Zealand or Japan have committed to over the same period.

## WE ARE GLOBAL LEADERS IN RENEWABLE ENERGY

In 2020, Australia had its fastest ever level of deployment in renewable energy.

Australia is building wind and solar four-times faster than Europe or the USA.

Australia has the world's highest uptake of rooftop solar, with one in four homes with rooftop solar panels.

In 2020, Australia deployed more renewable energy than in the six years of the previous Labor Government.

Our Government is investing in Snowy 2.0 (one of the largest pumped hydro projects in the southern hemisphere) and Tasmania's Battery of the Nation and an interconnector.

These will generate enough clean energy to power around one million homes.

## AUSTRALIA'S EMISSIONS ARE COMING DOWN

The most recent update from Australia's National Greenhouse Gas Inventory shows:

- Emissions are lower than 2013, when the Coalition came into government;
- Emissions are lower now than any year under the last Labor government; and
- Emissions are also at their lowest levels since 1995.

Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

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*The power of Turmeric*

Open a health journal, magazine or type “inflammatory foods” into google and turmeric frequently appears. The roots of its health benefits date back thousands of years.

**Turmeric is a rhizome** (an underground stem, not a root). It originated from India around 4,000 years ago and has been used as a culinary spice and in herbal medicine (especially for respiratory, digestion & skin)

Turmeric is purported to have oodles of health benefits, due to its anti-inflammatory and healing effects on the body. Inflammation is the key to many chronic health disorders. Around 50% of Australians live with an inflammation-related chronic condition. Until only recently, this figure was 40%.



**Curcumin is the main active ingredient in Turmeric.** It is a strong antioxidant (which protect the body's cells from damage) and possesses powerful anti-inflammatory effects. Curcumin is best absorbed into the body when consumed fresh and with black pepper. Although ground turmeric still has benefits and is better than none.

**Clients often ask how to incorporate more turmeric into their diet, here's some ideas:**

**Inflammation is often a precursor to many chronic illnesses.**

Turmeric, along with a healthy diet & lifestyle, may help with the following conditions, due to its anti-inflammatory effect and gut healing properties:

Hay fever  
 Inflammatory bowel disease  
 Lowering cholesterol  
 Diabetes.  
 Depression  
 Heart disease  
 Alzheimer's.

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**Add Turmeric:**

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Antioxidant — Anti-inflammatory

Full blog: [www.naturalspacenutrition.com](http://www.naturalspacenutrition.com)

**So, what is inflammation?** An inflammatory response in the body is designed to wake up the immune system. An immediate immune response is the body's response to an injury, in order to prevent infection and aid healing. Normally, the body then naturally returns to an anti-inflammatory state.

If this process doesn't work and the inflammation remains, it can lead to chronic inflammation. This may be caused, or exacerbated by many

environmental factors, such as lifestyle, toxins, diet and stress.

**Turmeric is fat soluble**, so consuming it with healthy fats will help absorption: -Nuts, seeds, olive oil, coconut, eggs, meat, fish, milk, cheese.

**Do I need a supplement?** Well, that's up to you and it depends on your individual health requirements. Studies have shown that turmeric is best absorbed when consumed as food, especially when fresh turmeric is used.

Supplements can be highly beneficial for certain conditions.

With many supplements, it can be a good idea to vary them and have a break - to allow ebb and flow of nutrients into the body.

(\*Some minerals/supplements can block absorption of others or allow too much of a particular mineral to be stored in the body).

**Is fresh best?** Evidence shows that fresh turmeric has more benefits over ground turmeric and is better absorbed. If using fresh turmeric is time-consuming for you, then it is still good to use the ground turmeric. It's better than none at all. Remember to combine it with black pepper. This may be challenging in a chai latte, unless you like pepper in yours!

**Chai latte.** Even without the black pepper a chai latte is a healthy, warming drink - as long it's consumed without sugar. Other warming spices for teas, include cardamom, ginger and cinnamon. These aromatic spices possess antioxidants.

A healthy diet and daily exercise will improve and heal inflammation and decrease risk of disease.

*"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.*

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Stay healthy everyone. Laura xox

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**Our Grey Ghosts are away again!**



AS you are reading this, we should be in Charters Towers, Queensland, and as this is being written, there is a covid scare in Queensland and they may become fluffy again and close the border. We'll see.

The reason for the trip? Glad you asked. The photo is of a 1908 American Schatt Hi Wheeler, one of the first mechanical motorised transports. Really a horse drawn buggy with an early petrol engine and built from about 1902-1910 and capable of up to 25kms/hr. The Museum has several different makes of these and all being well, four couples are trailering three of these to rally in Charters Towers commencing April 7<sup>th</sup>. (cancelled from last year due to COVID)

The other two on the trip are an International and a Sears. The Sears was by mail order where you picked one from a catalogue. When it arrived partially dismantled from the States, one was expected to assemble it and then learn to drive it. Brakes? Hmm

At last look there were 83 entries of 1&2 cylinder hi wheelers and similar era motorcycles.

We took two to Maryborough in Victoria in 2019 where there were 25 entries, some from WA and Qld. At that well run event we were expected to cover 300kms over

expecting similar conditions in Charters Towers. Wish us luck, we'll need it.

Tongue in cheek.....

Eat whatever you like because you will still DIE. Don't allow motivational speakers deceive you.

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics died at the age of 57
3. The world bodybuilding champion died at the age of 41
4. The best footballer in the world Maradona, died at the age of 60.

**BUT**

5. The KFC inventor died at 94.
6. Inventor of Nutella brand died at the age of 88
7. Imagine, cigarette maker Winston died at the age of 102
8. The inventor of opium died at the age of 116 in an earthquake
9. Hennessey inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.

"Dad, watch me juggle!"



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## REAL KULTCHA

Can anybody tell me what that great white light thingy is in the sky? And while you're pontificating (yes, thank you for that lesson in Planetary positioning, you private school smart alec!) can you tell me what this mould is that's growing on the south side of my body?

Yeh, yeh, yeh I know it's the sun but I haven't seen it for so long I was momentarily confused this morning and I think just about everybody on the east coast of NSW felt the same.

It's been an interesting couple of weeks. One thing I noticed was the way the media and our pollies described the inundation. I think the first time I heard the confusion was our Gladys who said it was a once in 10, 20 or 50 year flood!

What in the name of all blue blazes does that mean? It can't be all of them at the same time!

In truth she's a politician and she has to say something. Anything. And with a total lack of a crystal ball, she's unable to say definitively which number was accurate so she was covering the bases. I was tempted to write there "all the bases" but has the rain finished yet, are we going to cop it again next month or next year? Nobody knows and so I wish all the geeks would stop with the platitude, one-in-(so many) years flood. It means nothing.

Taree and further up the coast got belted this time but in my own lifetime I can remember a higher flood in the Wallamba River valley: this flood was nothing by comparison but who knows about next week – certainly not Gladys or any of the weather nabobs.

On the sporting fields things are just kicking off. In the NRL and after two rounds, *The Roosters* are again on top and seem to be doing it in a canter. They're going to be hard to stop. *The Mighty St George* are mid field and biding their time. They're injury prone and need to be cautious. Of note however, (*hee, hee, hee*) at the other end of the ladder sit *The Manly Sea Gulls* with a minus points differential that reminded me of the number of candles on my last birthday cake! Word has it they've already been given the keys to *The Loser's Pool* so now they can focus on maintaining the facility in readiness for other arrivals.

Down south, in highly religious AFL territory, they've played just one round but on our TV (we're on the *Vast* satellite system) and because it's broadcast out of Melbourne, all we get is hedonistic (*look it up*) waffle about all and every player who has ever, is now and who is ever likely to pull on a pair footie boots. Every cough, twinge, limp or

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sprain – whether real or imagined – is reported on to the point of lunacy, and that's been going on for months! Now the season has actually started it's gone to another level!

But all is not lost as I still have, on my recorder, a number of NFL (American football) games from their last season. I've already dropped into them to get myself a bit of perspective from the relentless religious megalomania that seems to pass for a normal sports state of mind in Victoria. I figure that around about September (when the AFL religious fervour will be hitting its straps) I will be able to sit quietly and watch my recording of Super Bowl LV where 43 year old Tom Brady led *The Tampa Bay Buccaneers* to their first ever win and his seventh!

So poor has been the offerings on free-to-air TV of late that *The Child Bride* and I decided we should hook up to Foxtel. That's meant another satellite dish on the roof (possibly only NASA has more) and while there is a greater selection of programmes to watch, many of them aren't worth the time but we do like to watch golf and there's lots of that.

Surprisingly, there was also the 36<sup>th</sup> *America's Cup* challenge which was contested in March this year (yep, last month) on the inner Hauraki Gulf just off Auckland in New Zealand! Did you know that? I'll bet you didn't because there was nothing on free-to-air TV about it and I can't say I saw anything in any newspaper I read.

The boats were **BIG** and amazing! They are *AC75 class high-performance foiling monohulls* and they go like the clappers!! In one race – in what I'd say was a light breeze – they were up on their foils (yes, foils: they have hulls but spend their race time up on foils some 2 or 3 feet *above* the water) reaching speeds in excess of 30 klm/s an hour!

The Royal New Zealand Yacht Squadron, Auckland already held the Cup and after a series of races to determine who would meet their boat *Te Rehutai* (*Spirit Of The Ocean*) in a best of 15 races, a boat named *Luna Rossa* from the Italian Club Circolo della Vela Sicilia emerged. To be the challenger *Luna Rossa* had defeated an American and a British boat in a series of races. To cut a long story short, *Te Rehutai* beat *Luna Rossa* 7 – 3. The races were fantastic, *The Child Bride* and I were enthralled and watched them all. For a short time golf took a back seat.

Talk at you next month,

*Hillside Critic*



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### Free kerbside collection to take pressure off local landfills

MidCoast Council is working with a range of agencies, including the NSW Police, Public Works Advisory, Fire and Rescue NSW, the NSW Rural Fire Service and the Australian Defence Force as part of a multi-agency recovery taskforce to deliver a planned recovery that includes the efficient and effective disposal of flood waste.

While waste from flood impacted properties will be collected from kerbsides across the MidCoast free of charge, there is still some confusion around charges for taking flood waste to waste management facilities.

“We understand the frustration from our community over the disposal of flood waste at our waste management facilities, particularly, in relation to the charges that continue to apply,” Council’s Director of Liveable Communities Paul De Szell explained.

“We have large areas of the MidCoast that have been severely impacted, and this has created significant volumes of waste.

“We simply don’t have the room in our landfills to accommodate the volume of waste that is expected from the flood clean-up.”

Mr De Szell said Council is in the process of building a new landfill cell as the current cell is near capacity and fees that are paid over the weighbridge go towards creating these new landfill cells.

“It is important for the long term management of our landfills that we reserve space for our normal weekly red bin collection service.

“While we understand it will not suit all circumstances the most efficient and effective way to remove flood waste on such a large scale is to place it on the footpath.”

Council will then work in conjunction with Public Works Advisory to take the waste to a sorting point so that it can be disposed of through contractors engaged by Public Works Advisory without impacting on our landfill capacity.

“We understand the community want to know when the waste will be collected. We are working closely with Public Works Advisory on timelines for collection and will let our community know as soon as we are able to do so.

“We are fortunate to have the support of State Government Agencies and the Australian Defence Force to assist us in managing the clean up in a way that ensures our day-to-day services can continue to run concurrently with the recovery.”

For the free kerbside collection, the waste is required to be sorted into piles on the kerb into the following categories -

- food waste (use your red lid bin first. If the bin is full put food waste in a container on the curb side. Food can also be taken to Mid-Coast waste management centres free of charge)
- hard bulk waste (furniture, carpets, mattresses)
- green waste (vegetation)
- scrap metal (whitegoods and e-waste)
- hazardous materials (gas bottles, paint, pool chemicals, unlabelled drums)

Residents and business owners who choose to go to a waste management facility will still need to pay \$97.49 per tonne, a reduction from the usual \$190 per tonne fee.

“We do really encourage people to use the kerbside collection.”

To find out more and keep up to date as further information comes through, visit [www.midcoast.nsw.gov.au/floodrecovery](http://www.midcoast.nsw.gov.au/floodrecovery)

### MidCoast beaches and Easter markets

A multi-agency taskforce and local residents are working hard to undertake a clean up of the MidCoast region’s beaches ahead of upcoming Easter and school holidays.

“We’ve now placed large skip bins where possible at beaches for anyone cleaning up to place flood-related waste collected from the beach,” said Council’s Manager of Community Spaces, Recreation and Trades, Dan Aldridge.

If there is no skip bin at the beach you’re cleaning, please place the waste in a pile in an accessible spot and away from the high tide mark.

Latest reports are that most beaches have been cleared of flood debris, however water quality could be an issue at some locations and more debris could also continue to wash up.

If beaches are patrolled this Easter weekend, please follow lifesavers’ directions on safe swimming, however some beaches may not be suitable for swimming.

If “no swimming” signage is up, please do not risk your health by swimming in the water.

“We’re also asking those with beach driving permits not to drive through the dune systems. Driving is only permitted within the intertidal zone to protect shorebird habitat, animal nests and vegetation.

“Unfortunately if there is too much debris on the beach, then it’s a no-go zone for beach driving.”

Council teams are also working progressively through the region to clean up parks, reserves, showgrounds, sports fields, campgrounds and similar facilities. Many are unsafe due to damage to infrastructure and trees need to be inspected as they may be compromised due to the rain soaked ground.

In great news for MidCoast Easter markets, safety inspections have been completed at two sites and markets at the Pacific Palms community centre and Gloucester’s Billabong Park can now proceed.

“The safety of our community and visitors over the Easter period and holidays is the most important thing to us as we recover from the flood disaster,” said Mr Aldridge.

For more information on disaster recovery and for help for individuals and businesses, head to [www.midcoast.nsw.gov.au/floodrecovery](http://www.midcoast.nsw.gov.au/floodrecovery), or call Council’s flood recovery hotline on 1300 545 040.







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## Water remains safe to drink across the region

While much of the MidCoast has been impacted by the widespread flooding that occurred last weekend, it's important to know that the region's drinking water is safe for consumption and has remained so since the disaster began.

Council's Director of Infrastructure and Engineering Services, Rob Scott, said Council has extensive monitoring and control measures in place to ensure our water is safe to drink.

"We monitor all aspects of the water supply system and are constantly adjusting the treatment systems to get the best quality water we can," he said.

"Our water must meet the standards of the Australian Drinking Water Guidelines and I'm happy to report that this continues to be the case across all six of our water supply systems.

"I understand that people may have their concerns given the appearance of our rivers at the moment, but we've spent the last 20 years investing in our water treatment capabilities and as a result we've got the technology, operators and processes in place to continue to supply safe drinking water to the community."

Mr Scott explained that the majority of Council's water supply systems incorporated the use of either off-creek storage dams or groundwater, meaning there was no need to draw from the river directly.



"Did you know there's a miniature woman tied to the train tracks who looks remarkably like me?"



**MIDCOAST**  
council

## Cane Toad discovered on Oxley Island

MidCoast Council's Environmental team has confirmed that a cane toad has been found on Oxley Island.

Council has notified the Department of Primary Industries and both organisations have spoken to the community member who discovered the toad.

While it is possible the toad has been unknowingly brought to the area from Queensland or northern NSW, both Council and DPI are concerned it may have already been in the region and has washed on to Oxley Island in flood waters.

"Anytime a cane toad is found in our region this is a huge concern for us because they pose a major threat to our native wildlife," explained MidCoast Council's senior ecologist, Mat Bell.

"A breeding female toad can lay up to **35,000** eggs per year and there is a very high survival rate of tadpoles and toads, which are toxic at all life stages."



"While the toad found on Oxley Island appears to be a male, there is always the potential that more are around. The toad was dead when it was discovered and we are unsure if it was killed in the flood waters."

Council's team will work with the state authorities to continue to investigate the area and are urging the community to be aware and on the look-out for cane toads.

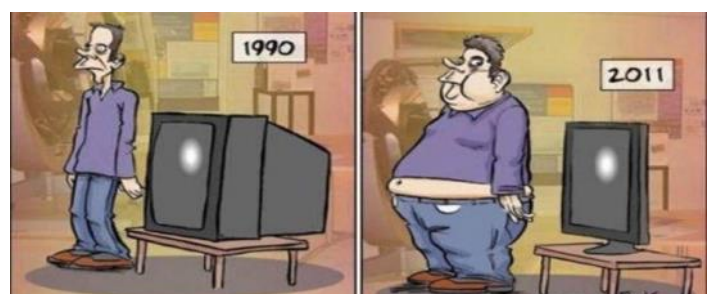
"We are asking that all local residents and visitors be vigilant, particularly in the vicinity of the Oxley Island area, to ensure that there is not a local population of this species."

Mat added that a sighting like this highlights the need for the community to familiarise themselves with the distinct cane toad call as well as the differences between cane toads and native frogs.

Cane toads are regarded as one of Australia's most damaging invasive species. Poison in the glands on the toads' neck and back is toxic to pets and most native predators.

If anyone thinks they may have found a cane toad, the animal should be captured alive and safely secured in a ventilated container. Photographs should be taken and contact should be made with the Department of Primary Industries and Council straight away. The best way to report a cane toad sighting is via Toad Scan (<https://www.feralscan.org.au/toadscan/>). Reports to this website are monitored and DPI will be in contact within 24-hours to confirm the identification.

"If you see something suspicious – keep it alive, secure, photograph and report it," added Mat.



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**Me behave? Seriously? As a child I saw Tarzan almost naked, Cinderella arrived home after midnight, Pinocchio told lies, Aladdin was a thief, Batman drove over 200 miles an hour, Snow White lived in a house with 7 men, Popeye smoked a pipe and had tattoos, Pac Man ran around to digital music while eating pills that enhanced his performance, and Shaggy and Scooby were mystery solving hippies that always had the munchies. The fault is not mine! If you had this childhood and loved it, repost I thought this would bring a smile to your face lol it did mine!!!**

### Hope you enjoy these “truths”

When one door closes and another door opens, you are probably in prison.

To me, “drink responsibly” means don’t spill it.

When I say, “The other day,” I could be referring to any time between yesterday and 15 years ago.

*Interviewer: “So, tell me about yourself.”*

*Me: “I’d rather not. I kinda want this job.”*

*Cop: “Please step out of the car.”*

*Me: “I’m too drunk. You get in.”*

*I had my patience tested. I’m negative.*

If you’re sitting in public and a stranger takes the seat next to you, just stare straight ahead and say “Did you bring the money?”

When you ask me what I am doing today, and I say “nothing,” it does not mean I am free. It means I am doing nothing.

Age 60 might be the new 40, but 9:00 is new midnight.

I finally got eight hours of sleep. It took me three days, but whatever.

I run like the winded.

I hate when a couple argues in public, and I missed the beginning and don’t know whose side I’m on.

When someone asks what I did over the weekend, I squint and ask, “Why, what did you hear?”

I don’t remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome.

### God's Plan for Ageing (reminder notice)

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it’s God’s will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts To Remember As We Grow Older:

#9 Death is the number 1 killer in the world.

#8 Life is sexually transmitted.

#7 Good health is merely the slowest possible rate at which one can die.

#6 Men have 2 motivations: hunger and hanky panky, and they can’t tell them apart. If you see a gleam in his eyes, make him a sandwich.

#5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won’t bother you for weeks, months, maybe years unless you give them your email address.

#4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 All of us could take a lesson from the weather. It pays no attention to criticism.

#2 In the 60’s, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others while I go to the bathroom

### JUST PLAIN NEAT INFORMATION...

The moon moves about two inches away from the Earth each year.

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn’t rust, even if it’s buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.



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## Lyn's Larder Easter Bunny Cup Cakes

**INGREDIENTS** Makes: 12 cupcakes

### CUPCAKES

250g softened butter  
350g sugar  
3 eggs  
2 tsp finely grated lemon rind  
1 tsp vanilla essence  
450g plain flour  
1 tsp bicarb soda  
½ tsp baking powder  
½ tsp salt  
450g sour cream

### BUTTERCREAM ICING

250g softened butter  
1 tsp vanilla essence  
600g icing sugar  
2 tbsp milk

### TO DECORATE

30 marshmallows, cut in half lengthways  
pink decorating sugar  
Smarties or M&Ms  
1 tube black writing icing

### METHOD

Preparation: 25min. Cook: 25min. Extra time: 30min cooling. Ready in: 1 hour 20min

1. Preheat the oven to 180 degrees C and line a muffin tin with patty cups.
2. In a large bowl, cream butter and sugar together then beat in eggs, one at a time. Add lemon rind and vanilla; mix well.
3. In a separate bowl, combine flour, bicarb, baking powder and salt. Add to creamed mixture alternately with sour cream (cake mixture will be thick). Fill the patty cups ¾ full. Bake 25-30 minutes or until a skewer tests clean. Cool for 10 minutes then remove to wire racks to cool completely.
4. Meanwhile, make the icing: in a large bowl, cream together the butter and vanilla. Beat in the icing sugar in four batches, beating well after each addition. Beat in the milk until light and fluffy.
5. To make the ears, take the marshmallow halves and place them on a clean surface cut side down. Spread a little bit of icing over the top of each then sprinkle with the pink decorating sugar to make the inside of the ear.
6. Spread a layer of icing over each cupcake then carefully add two marshmallow halves to each to make ears. Place a smartie in the middle to make a nose then draw in the eyes and whiskers with black writing icing




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Caffreys Flat, Wednesday 14th April, 9am-1pm

Coopernook, Thursday 13th May, 9am-1pm

Barrington, Friday 14th May, 9am-1pm



- Strategic approach to weed management
- Update on priority weed projects
- Spotting and stopping new weed threats
- Getting on top of pasture weeds
- Bring plant samples for identification

Morning tea provided

Please RSVP to Joël Dunn for Nabiac and Barrington:

0401 932 533 or [joel.kgl.landcare@gmail.com](mailto:joel.kgl.landcare@gmail.com)

And to Lyn Booth for Caffreys Flat and Coopernook:

0427 530 681 or [lyn.manninglandcare@gmail.com](mailto:lyn.manninglandcare@gmail.com)



During our recent flood, a young girl was perched on top of a house with a little boy. As they sat watching various articles float by in the water, they noticed an old hat go past.

Suddenly, the hat turned and came back, then turned around and went downstream again. After it had gone some distance, again it turned and came back. They watched as it did this a number of times.

"Do you see that hat?" said the girl in amazement. "First it goes downstream, then turns around and comes back, then it goes back downstream and then it comes back again."

"Oh, that's nothing, it's only my dad," replied the boy. "This morning my Mum said that come hell or high water, he had to mow the lawn today."

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## NABIAC HOTEL SOCIAL CLUB

### NOTICE

It has been over a year since the club has been active in the community. This, therefore, is to inform everyone that we are planning to resume activities in the coming months. Please keep your eyes peeled for future notices in 'ATF' issues when this is to take effect.

A very happy Easter one and all, and drive safely if you are out and about over the holiday period.

*Maureen Ahmeling*  
 Secretary

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anaesthesia, he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

### GETTING OLDER

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'.."

### Useful Numbers

#### EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	0400 298 330
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
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## Good Medicine

### Easter and Christmas

If you haven't been in a shop lately due to being flooded in ... or out ... you may have missed an important message, "the trail starts here". Yes we are in the season of Easter ... but don't get distracted with bunnies, fancy hats and chocolate eggs; remember the real meaning. Easter is a Christian festival ... but remember when Christmas was too? People usually attended church in both these seasons of the year. However according to Google, Christmas is now a 'holiday'. But dare I say it, Google has been known to be wrong ... after all, Jesus had to be born if He was to die.

Christmas and Easter are intertwined and much more than simply holidays ... although holidays are enjoyable. Thousands of years before Jesus was born prophets in the Old Testament pointed to the coming Messiah being born at Bethlehem, *Micah 5:2*, and described His death on the cross as our Redeemer, *Isaiah 53*.

The well known words from the cross, 'It is finished', mean the sacrifice has been offered and the task been accomplished ... the salvation of mankind. He is now preparing a place for us in heaven because He is coming back, *John 14:1-4*. This is often read at funerals.

A financial adviser advocated that, rather than focusing on saving money now so we can live like millionaires later, the essentials for a rich life are found in living SIMPLY. "If you need more or fancier stuff to feel joy you're missing the point of being alive". Life is a precious gift to be cherished. Jesus gives us both joy and peace. The message of the Bible is simple ... we hear it every Easter. God loved us so much He sent his son Jesus to die for us.

As we all bask in the sunlight after the rain and floods it reminds me

of the Norwegian village at the foot of a mountain where the residents now have sunlight in the winter months because of the 'mirror project' ... reflecting mirrors on the top of the mountain which began operating in 2013. Just as we need sunlight for physical and emotional health, the light of Jesus is essential for spiritual health.

When the two Marys went to the tomb on Easter morning they were grieving and sorrowful but "when the road was darkest for the two Marys an angel showed up. He went to the tomb and rolled the stone away. Today if your road's been long and dark ... be it from trouble - sickness - flood or anything else ... don't get discouraged and don't quit. The answer's on the way. When necessary God even sends angels"

Quotes from [ourdailybread.org](http://ourdailybread.org) and [vision.org.au](http://vision.org.au)

*The Counsellor*

*Birthdays are good for you. The more you have the longer you live.*

How long a minute is depends on what side of the bathroom door you are on

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 19th April, 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

**April** times are Saturday 3<sup>rd</sup> at 6:00pm - Saturday 10<sup>th</sup> at 6:00pm - Saturday 17<sup>th</sup> at 6:pm, Saturday 24<sup>th</sup> at 6pm, ( **contact Helen Legg** on 6559 1211)

May Mass - Saturday 1st 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)

Every Week Day Before and after school care by **KIDS SHACK**

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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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If you want to advertise an event, visit the web site and click  
SUBMIT

We could learn a lot from crayons: some are sharp, some are pretty,  
some are dull, some have weird names and all are different colours...but  
they all exist very nicely in the same box.

*A truly happy person is one who can enjoy the scenery on a detour.*

Don't cry because it's over, smile because it happened.

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Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

Barb, Jess and I would like to wish everyone a brilliant Easter.

May you all be with family and friends, safe and dry, healthy and  
happy, enjoying chocolate and the simple things.

I have our saying for the month:

Easter is the only time when it's perfectly safe to put all your eggs in  
one basket.

Happy Easter everyone.

*Belinda* ☺

Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabi.ac)

Jackie Buckingham, Buckingham's Real Estate, Nabi.ac on 6554 1107

Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

Julie Arnoux, 2 Cowper Street, Nabi.ac on 0434 253 266

Helene Murphy, on 0412 778 494

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

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