

Across The Fence June, 2021 - Circulation approx. 1010 - Nabiac, Krambach, Coolongolook & Bunyah



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Ben Strange Lic 95657c

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

#### Editorial.

#### Hi all,

Firstly, apologies for spelling mum as mom on May's cover. I got a bit of a blast for using an Americanism and knew as soon as I put the paper to press that I shouldn't have done it. Fault of using a photo from 'clipart' and not changing it!. Apologies.

More new advertiser, some old ones returning - things seem to be getting busy out there and I know that getting hold of a "tradie" at the moment is nigh on impossible - they all have waiting lists, which is good for them and the economy. Not so good if you need someone to do a bit of reno work now!

Watch out for the changes in some of Taree's and Forster's roads. There is going to be lots of road works going on in the next few month and new round abouts to manoeuvre about. Page 23

The weather has hit the winter temperature level. Time for the flannelette sheets, electric blankets and my old stand by, the hot water bottle. I had a feeling this year we would get an old fashioned proper winter, the last few years have almost been an elongated autumn.

Sinfonia orchestra has started up again after an hiatus over 2020 and there are 3 concerts you can choose from if you are keen to see them. Times and details on page 12.

The Showground entry is finally open again making visiting the library less of a trip and it doesn't look too bad. Apparently there are plans afoot to install a large historically based painting on the front fence (?) or front of the entry somewhere and artists to complete it are being sought near and far. More details re that on page 8 with photos of the new and old Showground entry on page 9.

Laura Pennington has sent in a recipe for a sweet potato lasagne which sounds very tempting and as I an rather fond of sweet potato, the ingredients are on this weeks shopping list. Will give you the taste test results next month.

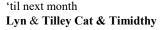
If any of you has a recipe that you are particularly fond of, why not send it in for all of us to try out?? 'twill save me trying to think of one that everyone would like to try.

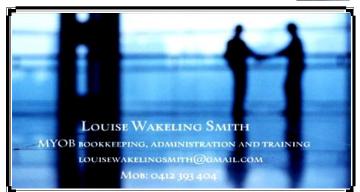
Bit stumped for a front cover this month. June seems to be a quiet month and after looking back at old issues, it was the same on those.

Foxes and wild dogs are about and so the neighbours are baiting. Read Len Grasso's article on "Kidney Pie" and baiting. Good read and a laugh on page 19. I thought he was sending me a recipe!

If you are experiencing problems with the rat and mouse plague, have a laugh at Kate Landsberry' way to solve it on the front page. Thanks Kate, it is great - do you hire out???







Glenn your local computer guy providing Mobile Computer Services. We come to you!

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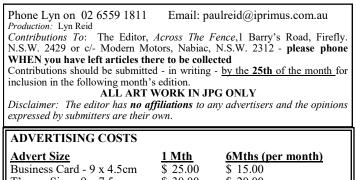
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#### WHAT'S HAPPENING IN JUNE, 2021

#### Markets & Events.

•	Bulahdelah	(1st Sat)	$5^{\text{th}}$	8am to 1pm
•	Blackhead Bazaar	(1st Sun)	$6^{\text{th}}$	8am to 12 noon
•	John's River Country	(2nd Sat)	12 <sup>th</sup>	9am to 1.30pm
•	Wingham Community	(2nd Sat)	$12^{\text{th}}$	
•	Myall Quays	(3rd Sat)	19 <sup>th</sup>	9am to 1pm
•	The Hub Taree Showgnd	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
•	Krambach	(3rd Sun)	20 <sup>th</sup>	8.30am to 1pm
•	NABIAC	(Last Sat)	26 <sup>th</sup>	8am to 12 noon
•	Old Bar	(Last Sun)	$27^{\text{th}}$	7am to 1pm
•	Pacific Palms	Last Sun)	$27^{\text{th}}$	9am to 1pm
•	Forster Town	(2nd Sun)	13 <sup>th</sup>	8am to 2pm
•	Halliday's Point	(1st Sun)	$6^{\text{th}}$	8am to 11am -?
•	Town Head (e	very Mon)		8am to 2pm
•	Mt. George	(4th Sat)	26 <sup>th</sup>	8am to 2pm
•	Forster Farmers Marke	t (3rd Sat)	19 <sup>th</sup>	8am to 12 noon
•	Bobbin Community		th	9am to 2pm
•	Tuncurry Markets	(4th Sat)	$26^{\text{th}}$	8am to 1pm
•	Burrell Creek	(2nd Sun)	13 <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.



<u>6 months cost based on payment in advance.</u>			
Full Page - 19 x 13 cm	\$110.00	\$100.00	
Half Page - 9 x 13 cm	\$ 60.00	\$ 50.00	
T'ween Size - 9 x 7.5cm	\$ 30.00	\$ 20.00	
Business Card - 9 x 4.5cm	\$ 25.00	\$ 15.00	

**Extra costs if artwork is required or extra ink used RE DESIGN** Lost & Found & Freebies are free. For Sale, Wanted, Special Sizes etc. are charged by size of ad.





HAIR by Shaz We elcome to the month of June. As we are heading into the cooler months maybe its time for some warm colours in your hair, whether it be a rich Copper permanent colour or Caramel highlights, or some Hot chocolate tones in foils or some fresh Blonde foils.

Please know that **Shaz** is trying her best to accommodate all of her clients but being the only stylist within salon it is sometimes hard to offer the day that the client might need, but, with advance bookings this really does help for appointments to run smoothly.

Shaz will be closing the salon for two weeks from <u>Friday 25<sup>th</sup> June</u> and will reopen Monday July 12<sup>th</sup> for a much needed break. Thankyou to my clients for organising yourselves in advance!

**CASSIE**, our wonderful BEAUTY THERAPIST, is now on maternity leave so her beautiful family can welcome another baby. We will keep you all updated!

**INTERESTING FACTS:** These weird hair facts may just blow your mind, or at least make you rethink the extent of your hair knowledge.. Hair is made up mostly of keratin, the same protein animals' horns, hooves, claws, feathers, and beaks are made of.

When wet, a healthy strand of hair can stretch an additional 30% of its original length. Hair grows slightly faster in warm weather, because heat stimulates circulation and encourages hair growth.

All hair is dead, with the exception of the hair that's still inside the epidermis of your scalp. Hair contains information about everything that has ever been in your bloodstream, *including drugs*, and is one of the most commonly used types of forensic evidence. The only thing about you that can't be identified by your hair is your gender - men's hair and women's hair are identical in structure. Black is the most common hair colour. Red is the rarest and only exists in about 1 percent of the world's population, with blonde hair found in 2 percent.

As soon as a hair is plucked from its follicle, a new one begins to grow. Hair is 50 percent carbon, 21 percent oxygen, 17 percent nitrogen, 6 percent hydrogen, and 5 percent sulphur. (&1%?)

Hair can grow anywhere on the human body with the exception of the palms of hands, soles of feet, eyelids, lips, and mucous membranes. Goosebumps from cold or fear are the result of hair follicles contracting, causing the hair and surrounding skin to bunch up. The average number of hair strands varies by natural colour, with blondes having the most and redheads having the fewest.

Until next month stay warm .... Nabiac Hair & Beauty

**NO Landline**.....only Shaz's mobile : **0410 541 672** 

Plenty of parking opposite the pool.

<u>Please Note</u>: Winter Hours: Salon closes 4pm most days but appointments still available if booked in advance.

#### Shaz



pharmacy
1/1 Nabiac Street, Nabiac NSW 2312
T: (02) 6554 1511 F: (02) 6554 1911
E: nabpharm@ nunet.com.au
Comparing alliancepharmacy alliancepharmacy.com.au

#### **Nabiac Pharmacy News**

Hello again to another winter of snuggly warmth by the fire, comforting meals and seasonal viruses!

Influenza (Flu) has not gone away although our preparedness for it has.

Nationally flu immunisations are well down on previous years, even prior to the pandemic. This is probably because all of our focus is now on the Covid vaccine and the fact that no-one in government has actively said to go out and get flu vaccinations. It is the best way to protect yourself against an avoidable infection.

Please come in and see us if you wish to be vaccinated against flu We do it between 9am and 4:45pm on weekdays and 8:30am to 11:30am Saturdays.

Lastly, many of you are probably aware already of our new loyalty program. Essentially it gives a 5% rebate on non-prescription items, with many hundreds of people regularly saving extra money with us.

Tim

#### 

#### Country Crafteas

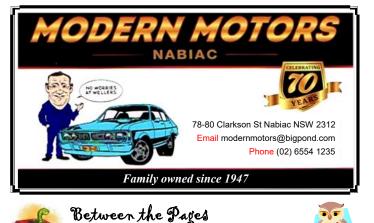
We've had a busy month this month at our craft workshops with a wide variety of crafts covered including; macramé, pottery, candle making, sewing, acrylic and watercolour paintings. There were plenty of laughs and everybody took home some beautiful pieces they could all be proud of. Our morning tea was also a hit, with a demonstration and talk by *Ali Redman* from Nabiac on how to make a soy wax candle and also a few tips on healthy snack foods.

June's craft morning tea will be a little different; we will have a mini pop-up art exhibition featuring a few local ladies artworks and photography. Our own painting artist *Shelley*, who is also a graphic design artist, and *Kellie Howard*, who is a local animal photographer, will have a few of their pieces on display and be there on the day to chat to our guests.

We have plenty more in store for June and July, if you would like a workshop schedule or more information please email us at **countrycrafteas@outlook.com** 

#### Hannah and Louise





Welcome to Winter! Snuggle in, stay warm and enjoy all your favourite Winter activities.

Our local Nabiac Library will close at **4:30 on Mondays and Tuesdays in Winter** to allow volunteer staff and library lovers the chance to get home safely and get warm.

<u>Great news!</u> For months you have patiently waited for the front access on Nabiac Street to the Library to be open. Thank you for your patience and for faithfully using the Showground Lane access to visit us at the Library. The good news is that the upgrades to the front entrance of the Showground have now been completed, and by the time you are reading this you, hopefully, will be able to enjoy vehicle and pedestrian access to the Showground and Library via the Nabiac Street entrance. It looks good! An artwork to come we hear!!

Did you happen to witness the extraordinary astronomical event to celebrate the finish to Autumn? On Wednesday 26<sup>th</sup> May we had an amazing "blood moon" lunar eclipse, whereby the full moon was at its closest point to earth and was totally eclipsed at the same time... hoping some of our local photographers caught some images. If you are interested in astronomy and all things celestial maybe you would like to check our catalogues. There is plenty to satisfy the enquiring mind from young to old and everything in between. We are so lucky in our rural area to have such clear views of the night skies.

#### Upcoming events at Nabiac Library

The next event is a Tech Savvies Seniors event for laptops and smart phones. You don't need to be a senior to attend. This is an opportunity for anyone to learn more about how to make the best use of our devices.

## Tech Savvy Seniors Workshop: Introduction to Laptops - Nabiac Next date: Monday, 28 June 2021 | 09:30 AM to 11:30 AM

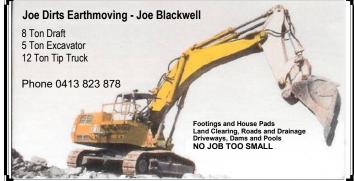
MidCoast Libraries are once again presenting a series of Tech Savvy Seniors workshops in partnership with the NSW Government, Telstra and the State Library of NSW across the region for seniors wanting to become more technology savvy. Sessions will run through June and July, and although they are free, bookings are essential as places are limited.

Run at your pace, these workshops will teach you the basics of navigating your device, be it smartphone, tablet or computer laptop. (BYO equipment).

Workshops are tailored to meet the needs of the group (where possible), helping you gain confidence and navigate the jargon of new technology. Understanding you device is priority and topics covered could include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things

are that make using your device easier to navigate.

Bookings are essential. Contact MidCoast Libraries to book your space.



#### Nabiac Library Volunteers Take Note:

This workshop will be followed by a training session update run by our Coordinator Yasmine for all Nabiac volunteers who can be there on the day. Look forward to that. See you there.

#### **Future Upcoming Events at Nabiac Library: July School Holidays**

A little birdie whispered that there could be a planned School Holiday craft activity involving postage stamps and decorative boxes coming up on the 5<sup>th</sup> July at Nabiac Library. As there may not be a July "Across the Fence" edition out by that date; this is a 'watch out' for this event on MidCoast libraries website for further information.

#### <u>Reading books in a Series?</u> OR <u>Want something that is not in</u> <u>our Library Catalogue?</u>

For those folk who enjoyed the Lucinda Riley series "The Seven Sisters" and were so disappointed that it only went to the 6<sup>th</sup> sister! The final book "The Missing Sister" is now out and can be reserved on our MidCoast Libraries reservations. Be prepared to get in line!

Have you ever got into a series... either book or TV?... and cannot find some of the series or the next one in the series? Did you know that you can make a suggestion for purchase on MidCoast libraries website? You can even reserve it!

You can do this for any book, movie or TV show you would like to borrow if we don't have it.

How do you do this? Go to MidCoast Libraries Home page and click on Catalogue Search. Check first to ensure that we don't have what you are seeking. If you wish to continue click on the "Suggest an Item" tab on the LH side and follow the prompts.

You can also do this for new releases or books you are trying to source. What a great resource!

If you don't have the access or skills to do this online then your local library staff will be happy to assist you and do it for you. Just come and ask!

#### Library Learning Resources: Niche Academy Online Learning

On the MidCoast Library website if you click on the E-Services button and scroll down to the bottom you will find this link! You may be amazed at what you find! Anything from how to manage face book to genealogy to Microsoft word.. and much, much more. Check it out! It's free and any online learning that is free is a bonus! Thank you MidCoast Libraries.

#### **Nabiac Library History**

Did you know that the first Library in Nabiac was in the School of Arts building in the late 1800's? This building was originally in the now vacant lot next to the Police Station.

The second home for the Nabiac Library was in what is now known as the Nabiac Op Shop. This building was originally the Nabiac Hospital. Many long term locals were born there!

The current site of Nabiac Library at the Nabiac Showground was originally the kitchen and luncheon room for the Wallamba District Agriculture and Horticultural Association, before the current kitchen and luncheon room was built onto the hall.

The current Nabiac Library site is an historical building. It officially

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Across The Fence – June, 2021 - Page 4

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became Nabiac Library in 1993 when it moved from Nabiac Memorial Centre Op Shop to where it is now. How lucky we are to have so much history embedded into our buildings and places in Nabiac! Celebrate our lasting icons and history. It is what brings us to now! Go for a walk! Have a look!

See you at our historical Library soon!

#### **NEWS FROM BUNYAH**

Over the years we have had many Volunteers for mowing and keeping our Hall grounds in good order, however, now our longserving locals are faced with having to make a choice between their full-time jobs and their community work and understandably, their own jobs must take precedence. We very much appreciate the help we have received over the years from our many Garden Crew members.

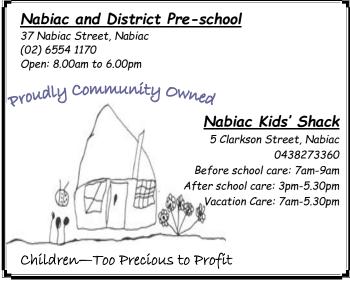
We are asking for new Volunteers who would be prepared to go on a Roster (should we get more than one person) to mow and whipper snip the lawns. During winter there is not much growth while spring & summer, the need to mow is more often or when we may be hiring the Hall or holding our own function. You make the decision as to when you think it is necessary to mow, keeping in mind that our Hall is part of our community and we like to present it in its' best light.

We have our own ride-on Mower & all tools and mower petrol is provided.

Safety Training which takes about 1 hour, is held at Bunyah and carried out by a Parks & Gardens Officer from MIdCoast Council. Safety gear is provided at no cost.

If you would like to find out more about being part of our Garden Crew, please call our Co-Ordinator Linda Pilmore on 6559 1505 and we welcome your interest.

#### Neryl Símpson





#### NABIAC PET GROOMING

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#### Nabiac Landcare



hat could be better? A walk in the bush, pulling a few weeds, followed by morning tea and friendly conversation. Most of the members of the Nabiac Landcare group have beenenjoying the cooler autumn weather as they finish this round of follow up weeding at the Bullock Wharf Reserve. Although there are still plenty of weeds appearing, especially along the roadside boundaries of the reserve, it is pleasing to see the natural recovery in a site that was full of privet and lantana when work began about 30 years ago. Many of the trees that were originally planted at the southern end of the reserve are now mature and some are self-seeding into the area. As well, the birds and wind bring in good plants from the local area that give us a chance to hone our plant id skills. Unfortunately, the birds are the main culprits in bringing camphor laurel into the reserve from surrounding properties. Nabiac is very lucky to have areas of bush that are home for our native wildlife and a source of native seed stock.

We will be returning to the Lilypilly Bend area this month to do a round of follow up weeding and work on the bigger problems at the Cowper Street end of the reserve. We have only been working in this area for a few years and the weeds have really taken advantage of the recent wet conditions. It is very important to remove target weeds before they start to set seed and begin another 'seven years of weeding' cycle.

Nabiac Landcare works each Wednesday (weather permitting) 8-9am to 11am, followed by morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools and safety gear supplied. Give us a ring if you are interested or come for a walk and stop and have a chat.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy the local bush!

Liz Rees 6554 3196



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#### MINIMBAH MATTERS

Minimbah Rural Fire Brigade is a group of dedicated, selfless, community minded people, as are all other Rural Fire Brigades and community-based groups. Volunteering is a wonderful and most satisfying way of investing your "spare" time and contributing to your community.

At a ceremony on 18<sup>th</sup> May, four of our Members were recognized for a total of 91years' service to the NSW Rural Fire Service (RFS). Individually their length of service ranged from 14 years to 32 years. Thank you and Congratulations to this amazing quartet. We are very proud of you.

The Party's over and feedback from those who attended, a good time was had by all. We are sharing a *very select* few photos to record why our **Brigade's 40<sup>th</sup> Anniversary** is such a big deal.



WINGHAM & VALLEY VETS

Several community members joined us on the day and we were honoured and so happy to have some founding members and special Brigade supporters share the festivities and fill in a few gaps in our knowledge of our early history.

Unfortunately, a couple of our current Members were unable to attend, but our group photo shows the diversity of those who form our Brigade. Obviously not all are current active fire fighters, but that is part of the success of the RFS in general. It is impossible to have the "show go on" without the background support such as communications, community engagement, catering etc.

It was a fun day as we believe there should be an element of fun amongst all the *serious stuff* we do. **Jo Karsenbarg** and **Verena Johnson**, our two most senior Life Members, were the "couple" who cut the cake.



Members were presented with a commemorative mug which was personalized and lovingly hand painted by a *crafty lady* by the name of **Erin**.

Special mention was given to our ever-efficient Secretary (Madam Secretary) who we affectionately call *Mad Sec*.



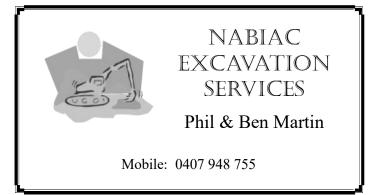
If you missed the festivities, don't fret. We are planning on being around for many years, so don't miss out on our 50<sup>th</sup>. In the meantime, if you are reasonably fit and are in a position to drop things at a moment's notice to go and fight a fire, please consider joining our Brigade. It is not all work and no play, and in ten years' time you will be part of that group photo and may even get a long service medal.

For more information on joining the RFS please email our *Mad Sec* on minimbahrfb@hotmail.com or call NSW RFS Mid Coast District on 1300 643 262

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#### News from Nabiac Second Chance Op Shop

Open Monday to Saturday 9.00am to 12.00pm

#### *A friendly reminder the Op Shop and Shed will be closed Wednesday 2<sup>nd</sup> June.* The Op Shop and Shed will also be *closed on Monday 14<sup>th</sup>* June, 2021 for the Queen's

Birthday long weekend.

As winter is fast approaching we have put out our winter stock of clothing in all the rooms. We have plenty of winter jackets, clothing, winter boots and shoes for sale. They are all in very good condition.

All jackets and coats are priced and **not** included in a \$10.00 bag.

Prices: Babies Jackets from \$3.00, Children's Jackets from \$4.00 and Adult Jackets from \$6.00

Come on in and check out our winter stock.

#### **DONATIONS:**

We are in need of good clean bed linen and blankets. These items would be gratefully accepted and appreciated. At this time of year these items are one of our big sellers. Please be mindful when donating as we can only sell good, *clean* clothing.

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

A big thankyou to *Maz Delamotte* for another donation of 2,000 degradable bags to the Op Shop. We very much appreciate your generosity.

As you all may or may not be aware, all funds raised through sales at the Op Shop and Shed go back to the Community through the Nabiac Memorial Neighbourhood Centre Association Inc.

Funds have been approved to help the Wallamba District Agricultural & Horticultural Association Inc. to redevelop the front entry of the showground. The changes are going to be amazing and exciting.

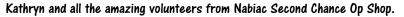
#### **DONATION TO NABIAC QUILTERS:**

On Monday, 3rd May, *Ann Newlan, Carol Baines* and *Ally Goodwin (left to right in the photo)* from Nabiac Op Shop attended a thankyou lunch and talk by the Nabiac Quilters. The Nabiac Memorial Neighbourhood Centre donated \$10,000 that was raised by the Op Shop for a new quilting machine and the ladies were very impressed by the stories that were told of the many people/groups who benefited from the ladies who put love into every quilt made. The number of quilts donated by the quilting group run into the hundreds every year and the colours and patterns used were as varied as the small number of ladies who made them.

#### <u>Volunteers:</u>

We are currently looking for lady volunteers to work in the Op Shop who are dedicated to help raise funds for the Community. If you have a spare morning and would like to join our wonderful team, please call into the Op Shop either on Tuesday or Wednesday and ask to speak the Kathryn.

Looking forward to seeing all our dedicated customers at the Op Shop and Shed. Kind Regards







#### **Public Art Project**

A community Input Survey was recently undertaken to test the support for the commissioning of a piece of public art to be located at the upgraded entry to the Nabiac Showground.

With the results now compiled, it is clear that the community is very supportive of the concept. Based on the feedback, the goals of the project are:

- Give recognition to Nabiac's rural history, its First Peoples and local identities,
- Highlight its natural flora, fauna and its pathway to the future,
- To give recognition to the world renown poet, Les Murray's who was born in Nabiac
- Help develop our creative and cultural economy through the drawing power of art.

The Steering Committee is now developing the brief which will allow us to call for Expressions of Interest (EOI) from creative artists across NSW.

A spokesperson for the Art Project Steering Committee, Mr Colin Henderson said, "We are calling for EOI from artists across NSW to help us create a piece of public art that will both capture the spirit of Nabiac's history, local identities and its future. We also want the project to act as another stimulus for tourists to come in off the highway and spend some time in the area".

Up to \$7,000 in funding has been secured from the Nabiac Memorial Neighbourhood Centre for Stage one of the project of a two-part project. The project is supported by the Wallamba & District Agricultural & Horticultural Association, The Village Futures Group, Artists of Wallamba and Nabiac Memorial Neighbourhood Centre.

The project is also supported by MidCoast Council and is represented by Ms *Rachel Piercy*, the Manning Regional Gallery's, Art Director.

Many of the recurring subjects for Les Murray's poetry, were the history and landscape of Australia, white settlement, indigenous life, family and the rural landscape.





Most of those topics, are encapsulated in the 109 years of agricultural show history held at the Nabiac Showground and are core elements of a vibrant community as it looks to the future.

It is these elements that we wish to highlight in this art project.

The space available is a yet to be constructed vertical face, which will form part of the front entry fence. Its dimensions could be up to 4m in length x 2.5m high.

Mr Henderson said, "Our vision for this project is to enhance the experience of entering the Showground through a piece of public art that will be accessible to all local residents, patrons to the various Showground activities, tourists and other visitors to the MidCoast region".

### Krambach Garden Lovers News



In April we visited *Leone* and *Ed's* home in Krambach they have a rather large delightful garden in which

they have planted many things collected from gardening friends and swap tables at our meetings. These are lovely reminders of happy times. They were very generous hosts and gave us a sausage sizzle as well. It was a very happy and full meeting.

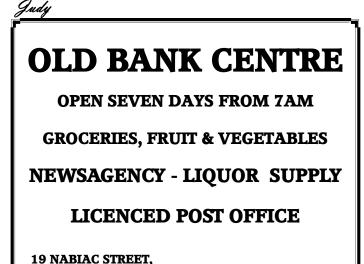
On Monday the 31<sup>st</sup> May we are having an outing to Manning Succulent Garden Nursery at 25 Denva Road, South Taree. We are all looking forward to this as many gardeners are now downsizing and succulents are an obvious plant - there are many pretty and colourful ones

If you would like to join our club and meet friendly like-minded gardeners, we meet on the last Monday of the month at 9.45 am. If you wish to enquire about our activities my number is 6559 1375

Our next meeting will be at the Krambach School of Arts (Krambach Hall) where we will be having a photo competition, a talk and a light lunch - you are most welcomed

Until next time

NABIAC



PHONE: 6554 1211

2312



#### Nabiac Memorial Neighbourhood Centre

The Neigh Committee

The Neighbourhood Centre Committee has been asked by the

Show Committee to co-fund entry works happening at the Nabiac Showground. The Committee have agreed to co fund \$20,000 towards this important project.

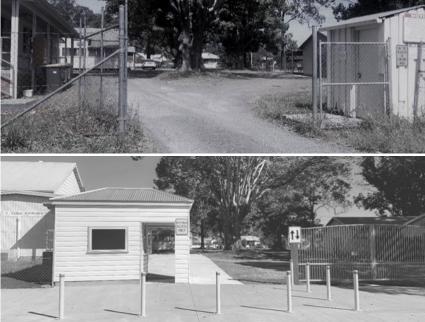
The Nabiac Showground is one of our major amenities in the Wallamba. We recognize that it's used for many events, it's the home of our Nabiac Library, and it is an assembly point in emergencies. The old entry to the Showground was looking very shabby. (above left)

The new entrance photo (below left) taken 27<sup>th</sup> May shows a clean, safe well organised entryway. A big thank you to our Nabiac Second Chance Op Shop volunteers who have worked to raise the funds to support this project. And thank you also to those who donate to the OP Shop and of course, the customers.

#### New members of the Neighbourhood Centre

Welcome to new members, *Loretta Bird, Mary Squires, Lucy Buchanan*, and *Lisa Jego* who are all from the Nook.

Louise Collins, Secretary, Nabiac Neighbourhood Centre





#### Small turtles with BIG message

3,000 turtle weavings made by students from across the MidCoast will form a special art installation along the Manning River, as part of the global initiative 'withNature2020'.

The 'withnature2020 initiative has inspired groups from around the world to create large scale images of endangered flora and fauna from their part of the world. Footage of installations from around the world will be released on 22 May, in conjunction with the International Day of Biological Diversity.

MidCoast Council, together with artist *Shona Wilson*, Manning Regional Art Gallery, Aussie Ark and the Manning River Turtle Conservation Group coordinated the art project along with local teachers and students, to bring awareness to the endangered Manning River Helmeted Turtle.

#### AWARD WINNING GIANT RUSSIAN GARLIC FOR SALE

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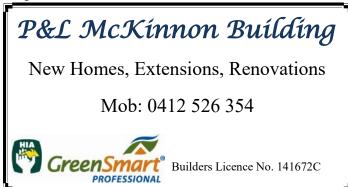
Still only \$25 per kilo.

Ring (0417)668841

The only place in the world that the Manning River Helmeted Turtle exists is in the middle and upper reaches of the Manning River. This project is part of 'withNature2020', a global initiative that

This project is part of 'withNature2020', a global initiative that actively aims to raise awareness of the extinction crisis and engage the public in the conservation and care of biodiversity. Sadly, like much of the world, the MidCoast region is experiencing a decline in its biodiversity due to the impacts of land clearing, habitat fragmentation, invasive species and climate change. Unprecedented bushfires and flooding events in the last two years have also taken a toll.

"We are so excited about the massive response to this project. Big and small hands from 35 schools and organisations have woven the turtles that will form the art installation on the banks of the river to actively raise awareness of the extinction crisis" explained Ali Haigh, Mid-Coast Council's Public Programs and Education Engagement Officer. "These art works might be small, but together they send a big message about the need to protect the diversity in our local ecosystem." To find out more about the project, visit the project page on Council's website <u>www.midcoast.nsw.gov.au/turtleartproject</u> or contact Ali Haigh on 6592 5455.



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#### WALLAMBA CWA REPORT

President *Margaret Weller* was back in the chair for the May meeting of Wallamba CWA Branch at which 10 members were present, slightly down with a number of members off with illness or other commitments.

Following the official proceedings of the opening, members paused to remember the passing of *Laurel Stevenson* (nee Harwood) a former Wang Wauk resident, *Beryl Murray* known to the ladies and also Sec *Pam's* friend *Ken Loftus* of Tinonee.

Jill Hammond provided the thought for our meeting and was as follows: "A hug is the Perfect Gift, one size fits all and nobody minds if you exchange it. Pam to bring the June thought along.

My apologies to member Jill – this here scribe certainly got confused with the stork's recent delivery in her household – I thought it was a cute baby great granddaughter who had been delivered but it was a handsome baby boy named Archer Ross Childs.

*Penny,* who had viewed on virtual media the recent State Conference held in Bega, informed members that Ovarian Cancer had been selected as the Medical Research Project for the next couple of years – this had been the one Wallamba Branch had opted for.

Group Cookery Officer Barbara Reichart has put forward for discussion by all branches the holding of the Cookery Competition – be it 1 or 2 days during the year and on the Friendship Day or Group Council Meeting or a separate day entirely. Our Cookery Office Jean wasn't able to attend this meeting but will discuss it come the June meeting on Tuesday 8<sup>th</sup> but the general feeling was that it would be better to have it once a year and on a completely separate day.

Treasurer *Mary* presented the financial report for the Branch and President Margaret spoke about the catering for the funeral of Laurel Stevenson which was held at Nabiac Uniting Church and later at the Church Hall – and the changes that were made to accommodate the regulations required under Covid 19 rules etc.

In this segment, members were informed of their recent ACWW donation of \$91 towards Coins for Friendship which is used for overseas humanitarian projects involving women and children in 3<sup>rd</sup> world areas of which there are many including 'Clean Water for All", Health

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Clinics and projects to enable women to make and sell crafts etc. Penny our International Officer began her report by announcing that the 2021-2022 Country of Study is Malaysia and she had also viewed the International Segment of the State Conference and told us that the Triennial ACWW Conference for 2022 which was down for 2022 has been postponed to 2023. The former President of ACWW was a Malaysia Princess but has now moved on to be a Queen and as such is unable to hold the position.

Penny will have a more in depth report for ideas etc. at the next meeting.

Unfortunately Penny hadn't been able to attend the Manning Regional Art Gallery to participate in the Turtle making workshops. With *Merle* not with us for the meeting we didn't have her report on Handicraft but member *Fay* who had accompanied Merle to the State Conference gave us a few interesting snippets from her attendance. Fay said she had sat in on the judging of the quilts and learnt quite a few handy hints. The organized bus trips around the district when ahead, although one of the coaches got bogged after all the heavy rain.

Mary spoke about a request from Wallamba Bulls Football team for help with making beanies for them – in the team colours – similar to what we had done a couple of years ago. Mary had purchased the wool and this was distributed to those ladies who wished to take on this project.

Member Pam spoke about attending the "Convict Bonnets' exhibition at Club Taree on May 6<sup>th</sup> which had been organized by the local Embroidery Group and said it was fascinating how the exhibition came about and was started by Dr. *Christine Henri* in





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## problems



Tasmania as a memorial to the 25,566 female convicts who were transported to Australia. There is a website called "Roses from the Heart" which is worth having a look at for more information.

Congratulations to member *Coral Gabriel* who took a 1<sup>st</sup> place with her needle felted picture of a possum and a 3<sup>rd</sup> place with her doiley at the State Conference. *Sally Henderson* of Nabiac also had her scarf on display and this did well also.

Twenty eight groups exhibited in the Branch project - 4 Aprons Section. Wallamba was placed  $4^{th}$  overall, finishing just 3 points off  $3^{rd}$  place, which was a great result for our ladies.

Margaret showed us a couple of Coffee Cup covers she had acquired during her time away and thought that we might be able to make some and put them in "The Nabiac Nook" as a fund raiser for the branch.

The ladies then enjoyed a chance to enjoy their lunch and friendship after the meeting was closed and will meet again on Tuesday June 8<sup>th</sup> commencing at the usual venue the Nabiac Village Community Church Hall – all are welcome and if any ladies are looking at joining feel free to come along.



Pics are from the 'Convict Bonnets" display held at Club Taree early May – very interesting and some beautiful embroidery on the bonnets with name of the female convicts and the ships they came out to Australia on.

**Pam Muxlow** Publicity Officer Wallamba CWA Branch



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TAREE

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**Irlen Syndrome**, also referred to as Visual Dyslexia, Meares-Irlen Syndrome, Scotopic Sensitivity Syndrome and Visual Stress, is a Visual Processing Disorder. It is not an optical problem. It is a problem with the brain's ability to process visual information.

This problem is hereditary and is not able to be identified with optical assessments, standardised

educational assessments or medical tests. For more information contact Irlen Dyslexia Centre Taree on 0409 653 700 or irlentaree@gmail.com

#### Signs and Symptoms of Irlen Syndrome

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- Distortions with Print
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- Delayed Learning
- Concentration Difficulties
- Behaviour Problems
- Frustration
- Handwriting ProblemsFind Copying Difficult
- Depth Perception Difficulties
- Depth Perception Difficulties
   Eve Strain (Misual Strass
- Eye Strain / Visual Stress
- Headaches and Migraines
   Fatigue after School or We
- Fatigue after School or WorkLow Self Esteem
- Low Self Es
  Anxiety









## is back rehearsing for new June concert series

Sinfonia MNC, the community orchestra of the mid north coast has been rehearsing again in preparation for its first concert series in over a year. Live music is making a welcome return to our lives, and Sinfonia is keen to get back into the communities and halls across the region, bringing the rich and moving tapestry of sounds of a full orchestra in motion.

Conductor and arranger *Iain Pole* has put together a programme of music titled, "Folk and Fantasy" including some new works the orchestra has not performed before, and some well-loved audience favourites.

These include a selection of themes from Bedrich Smetana's comic opera, *The Bartered Bride*; Johannes Brahms' *Academic Festival Overture*; the *Baletto from Suite No.* 1 of Ottorino Respighi's *Ancient Aires and Dances*, and a zesty collection of Spanish dances in *Andalucia Suite* by Cuban composer, Ernesto Lecuona inspired by the Andalucia region of Spain.

Following Sinfonia's long tradition of encouraging young local music students with its scholarship program, the 2021 Quaver Scholarship recipient, *Cornell Estibeiros* will be performing a violin solo, *Arioso* by Jeffrey Wilson and arranged for orchestra by Iain Pole. Cornell lives in Taree, and also studies piano and voice. He has joined Sinfonia's violin section for this year and is a violin pupil of Sinfonia's orchestra leader, *Carmel Brown*.

The concerts are scheduled for June, beginning on Sunday 6<sup>th</sup> at the Port Macquarie Baptist Church, followed by concerts at Manning Valley Anglican College in Cundletown on Saturday 19<sup>th</sup> and at Tuncurry Memorial Hall on Sunday 20<sup>th</sup>.





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All concerts begin at 2pm and tickets will be available from Trybooking and at the door. Children under 16 admitted free.

Sinfonia draws its players from around the region including from the Mid Coast, Hastings, Camden Haven and Gloucester areas. With a current playing membership of over 30, from youths to seniors, the orchestra welcomes amateur and student musicians, as well as music teachers seeking the opportunity to rehearse and perform with a full orchestra locally.

Honorary conductor, Iain Pole lives and works in the Camden Haven as a music teacher and conductor also of the Camden Haven Concert Band and Choir. He has been a member of Sinfonia since its inception over 20 years ago, and has been honorary conductor since 2018.

Sinfonia is committed to bringing live orchestral music to the whole region, and while the upcoming concert series is the first in a long time because of restrictions on gatherings, the orchestra looks forward to providing an afternoon of music with many folk elements and a touch of fantasy to warm the soul.

**Cheryl Meyer** Vice President, Sinfonia MNC

#### THE TAREE LOCAL COLLECTORS CLUB INC.

Wishes to advise that they are again holding their Monthly meetings in the Taree library on the Second Monday of the month (except public Holidays) at 2.00 pm.

If interested please call **Rex** on 0427 880 564 or **Ken** on 0425 733 571.



Across The Fence – June, 2021 - Page 12



#### **Nabiac Village Futures Group**

Town Creek Works have been on hold while council staff focused on assisting those MidCoast residents who were flooded in March. We have been informed that the tender for the work is being arranged and we hope to soon see some action at the Creek site.

A big **Thank You to local residents Amanda Holden and Phillip Costa** who both attended the MidCoast Council meeting on 28<sup>th</sup> April and spoke against the Highway Service Centre developer's proposals to alter the Dibbs Street entry to Nabiac.

#### Pedestrian Access and Mobility Plan / Bike Plan

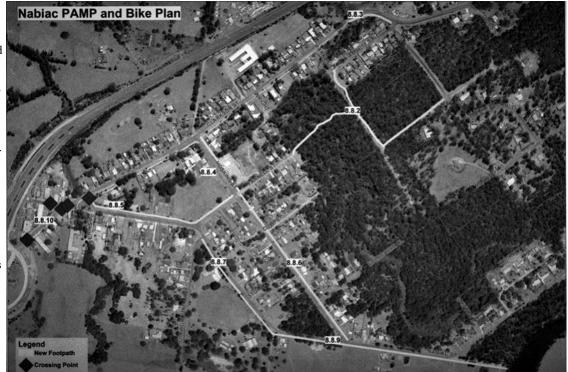
A number of local people attended the community meeting that Council held at Nabiac and they sent submissions responding to the Draft Plan last December. The Plan has now been adopted by MIdCoast Council. It's all about developing pedestrian access, accessible footpaths, shared pathways, cycleways, bike facilities and community pedestrian / cycle systems to ensure effective links for our community.

The Nabiac part of the Plan (see photo) shows 2 main sets of pathways - pathways linking the shops, school and oval area with the Showground and the Wallamba River at the old Bullock Wharf site, and pathways linking the Woosters Creek Bridge in Clarkson Street with the track through Lily Pily Bend. Links such as these will contribute to health and wellbeing outcomes of our community by encouraging active recreation. They also will increase safety on our streets.

MidCoast Councillors have supported the adoption of the Plan. Council have \$300,000 in funding to support pathways across the area.

For more information about the Pathways planning email <u>nabiacvillagefuturesgroup</u> @gmail.com

Louise Collins, Secretary NVFG







ABIAC

www.goldenagemedia.com.au



#### Nabiac Farmer's Market

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



#### Locally produced:

\*Unique artisan wares \*children's clothes \*fresh produce, \*flowers \*wine \*cheese \*plants \*culinary delights \*fresh lemonade \*kombucha \*pasture-raised meat & eggs \*honey \*coffee \*plants \*garden art \*chooks \*sourdough bread \*market BBQ \*yummy food to take-away.

\*Live music

Stall Holder feature: JONATHAN – MEADOW RIDGE ORGANICS From Graphic designer to Grower...



A lifetime of passion for produce means Jonathan certainly knows his veggies. Literally! He has been growing vegetables since the age of eight.

The Meadow Ridge stall is laden with seasonal fresh local produce. Spuds, onions, zucchini and pumpkins are all part of the selection. From picking citrus in May to year-round jobs, Jonathan's wife, Tania and two sons are always there to lend a hand.



Their stall at the June market will be filled with winter fare, including celery, cabbage and parsnips, plus silverbeet, radish and kale.

Many years of experience has seen Jonathan create the perfect ginger crop. There will be plenty at the next market. Let's hope the turmeric is ready too, it goes so well with ginger in winter warming recipes.

Organic growers for 19 years, since a move from Sydney, Jonathan and family's 100-acre property at Wherrol Flat has seen many seasons of hard work. They built a mud-brick hut and started the market garden in 2012. Much of the property is regenerating bush, with 25



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acres for agriculture. They are currently fencing for cattle. They have continued to add infrastructure, such as a poly tunnel for tomatoes, capsicum and eggplant and a large shade area for ginger, turmeric, galangal and celery.



Using no-dig principles where possible, they use plenty of well composted animal manure and inputs such as rock phosphate, lime, wood ash and seaweed solution. They have sprayed with Bio Dynamic 500 prep for healthy plants.

Jonathan enjoys his work.

"For me, going to the markets is enjoyable, as it's good to socialise, catch up with customers and stallholder friends.

I do the Weekly Produce market in Taree every Thursday from 7.30am to 12 noon, Forster Farmers market, Gloucester Farmers market and Blackhead Bazaar when it's on, as well as Nabiac. I supply various cafes, restaurants and some greengrocers on an adhoc basis when I have surplus but try to move most of our produce through the markets.

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

Next market is on Saturday 26th June. Wrap up warm and come along to buy all your fave veggies and pasture-raised meat, for winter warming soups, stews and bakes. Nabiac Market is also a fabulous place to source your beautiful handmade gifts.

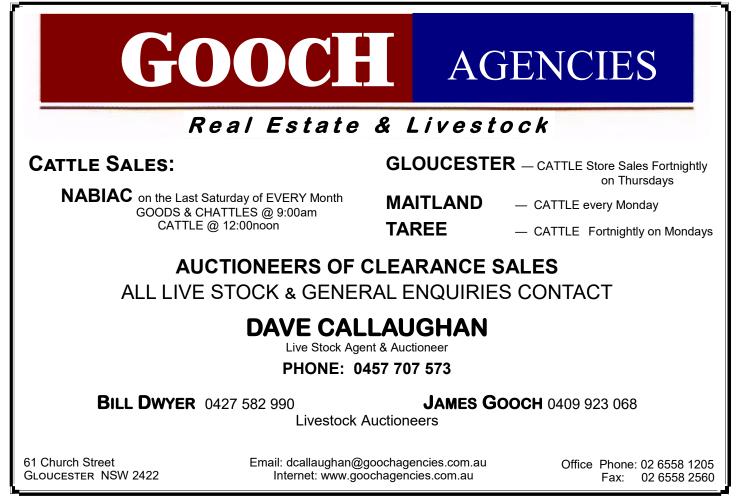
For Stallholder applications, go to the website www.nabiacfarmersmarket.com and download the vendor information forms; call: 0422 177 122. Or Email: nfmcommittee@gmail.com Follow us on Instagram and Facebook. Thank you - market committee.

#### By Laura Pennington <sup>(C)</sup>



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Garlic that has been stored in oil for too long can produce the highly toxic poison botulism



Across The Fence – June, 2021 - Page 15



## BUDGET 2021 OUR PLAN TO SECURE THE FUTURE OF REGIONAL COMMUNITIES

#### Our plan will help boost our economic recovery, create local jobs and keep our local communities safe.

We've fought hard to secure extra support for regional Australians in this Budget because we know that now is the time to create jobs, stimulate growth and provide a better quality of life for people in the regions.

We know that more and more Australians are moving to regional Australia and that is why we are investing record amounts in local infrastructure to keep up.



#### ECONOMIC RECOVERY

In March 2020, there were 13 million Australians employed. Over the next two months, around 900,000 Australians lost their job. By March 2021, there were 13.1 million Australians employed - 74,000 more than pre-COVID.

Australia was the first advanced economy to have more people employed than pre-COVID. Last year, Australia's economy contracted by 2.5% - compared to 5% for Canada and Japan and over 8% for the UK, France and Italy.

Housing starts are at the highest level in 20 years and consumer sentiment at its highest in 11 years. There's more to be done, but our plan is working.



#### TAX RELIEF

Over 10 million low and middle income earners are getting new and additional tax relief this year - up to \$1,080. for individuals or #2,160 for couples.

This rewards hard work and generates activity, which in turn helps local businesses and creates jobs.



#### INVESTMENT FOR JOBS

Over 99% of businesses, many in regional Australia, employing 11 million workers, can write off the full value of eligible assets purchased.

For example, this encourages a tradie or farmer to buy a vehicle or harvester or helps a manufacturer expand their production line.

These incentives will further fill our nation's order books, and generate opportunities for small businesses, to buy, sell, deliver, install and maintain these assets.

The Budget also includes substantial measures to encourage more R&D and onshore manufacturing.



#### **REGIONAL COMMUNICATIONS**

Digital connectivity in the bush drives economic growth for the nation, which is why we're delivering a further \$105.8 million for Round 2 of the Regional Connectivity Program

Dr David GILLESPIE MP FEDERAL MEMBER FOR LYNE He Listens. He Cares. He Delivers.

#### DELIVERING LOCAL INFRASTRUCTURE

The Liberal and Nationals Government is continuing its record investment in infrastructure, especially in regional Australia. Our 10 year, \$110 billion infrastructure pipeline will see a boom in regional construction-sealing roads and improving safety for freight and families with \$1 billion for the Road Safety Program.

The Federal Government is investing \$48 million towards the construction of the Coopernook Harrington overpass, ensuring a safe journey to work, school and shopping for local residents and visitors whilst generating hundreds of local jobs.

The Local Roads and Community infrastructure program saw 25 projects across the Mid Coast region received over \$8 Million to build vital community infrastructure, but we're going further. We're delivering a further round, with an additional \$6.7 Million to fund further priority projects throughout our towns and villages delivering additional jobs and investment.

And we're delivering round 6 of the Building Better Regions Fund, which has previously seen 9 projects supported throughout the Lyne electorate previously, funding shovel-ready infrastructure project up to the value of \$10 million

#### SUPPORTING CHILDCARE

The Government will increase the Childcare Subsidy for families with more than one child up to five in childcare. This will benefit around 250,00 families.

The Government will also remove the \$10,560 cap on the Childcare Subsidy.

#### MORE AGED CARE FOR REGIONS

Aging Australians who live in regional areas deserve aged care nearer to their loved ones. That's why a further \$17.7 billion is being committed to significantly improve the aged care system.

This includes another 80,000 new home care packages (bringing the total to 275,000).

It also includes supporting 33,000 new training places for personal carers, higher payments for residential care, upgrading care in regional areas and stronger regulation and \$630.2 m to improve access to quality aged care services for regional Australians.

#### WOMEN'S SAFETY

This Budget invests a further \$1.1 billion in women's safety, including; more emergency accommodation; more legal assistance; more counselling; and more financial support for those escaping abusive relationships.

#### SECURING AGRICULTURE

The Liberal and Nationals Government will provide \$850.4 million over five years from 2020-21 for a package of measures to back—in the farm sector's ambition of a \$100 billion industry by 2030, support Australia's soil and biodiversity stewardship, and maximise the benefits of Australia's fisheries and forestry resources.

And we're delivering a better deal for farmers and our regions with over \$400 million for agricultural biosecurity including \$96.9 million to protect the industry from pests that can devastate our local producers.

#### KEEPING AUSTRALIANS SAFE

The Government is also providing an additional \$1.9 billion over the decade to strengthen our national security, law enforcement and intelligence agencies.

To be prepared for a world that is less stable and more contested, the Government is also investing \$270 billion over 10 years in our defence capability.



#### HEALTH AND MENTAL HEALTH

The Liberal and Nationals Government has committed \$1.9 billion to expand the vaccine rollout, including prioritising remote communities of less than 5,000 people.

The Budget includes record funding for hospitals, Medicare, mental health, aged care and the NDIS and \$65.8 million to increase the Rural Bulk Billing incentive, so doctors are incentivised to stay in our growing regions.

It includes new medicines listed on the Pharmaceutical Benefits Scheme to treat breast cancer, lung cancer, sever osteoporosis, severe asthma and chronic migraines.

Further metal health funding will provide more headspace centres, a new network of 40 Head to Health centres and more services through Medicare.



#### For more information go to: davidgillespie.com.au/budget2021

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www.naturalspacenutrition.com and go to the contact form. Affordable consultations available.

#### Sweet potato layered bake.

Warm up and boost the immune for winter, with this easy bake. This is so versatile.



Sweet spuds have antioxidants for cell repair, great energy and more fibre than pasta. 1. Simply slice and lay the sweet

potato on a baking tray and bake at 190 for around 25 mins, checking the edges aren't getting burnt. No oil needed. Ideally, leave out to cool and turn over to dry out, so they are easier to use.



Sweet potato is one of my favourite

veggies, packed with nutrients and a

great alternative to lasagna sheets.



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2. Create your favourite lasagne filling: - Spinach, ricotta & parsley Beef mince, with lots of veggies & herbs (\*tip for fussy veggie eaters, cook and puree some veg and stir through the beef mixture)

Ratatouille with tomato, onion, fresh basil, dried herbs & zucchini

- 3. Make your cashew cream or white sauce
- 4. Layer the ingredients. Top with grated cheese, more cashew cream or dollops of goat's cheese
- 5. Bake for around 40 mins in moderate oven
- 6. Serve with broccoli, peas or salad, all best sourced from your local farmers' market.

Health tip: Add a mandarin to the meal to enhance iron absorption.

For Cashew recipe, see blog at www.naturalspacenutrition.com I've used rice milk or almond milk in the white sauce, and they still work.



I made this bake using cashew cream instead of white sauce. It's quicker, reduces the amount of dairy needed and makes a nice change. If you use the traditional white sauce, try using whole-meal flour and real butter for a healthy meal.

Follow "The Natural Space" on Facebook and Instagram.



Message me on FB or Instagram to arrange a consultation. For more info or to contact me, visit the website: www.naturalspacenutrition.com

I recommend a diet rich in unprocessed foods, which are grown as naturally as possible. I provide consultations to suit any budget. Stay healthy 🕲







#### KIDNEY PIE ...1080

N otification came through on our computer one afternoon of the annual Wild Dog baiting program for Bunyah. My first reaction was "I haven't seen any dogs over the last year so maybe we have them under control." Well that comment set my wife off into a frenzy. "I don't believe you said that!!! You know as well as well as I do that Wild Dogs are everywhere & are always lurking around." Yes, Yes, Yes, she was right as usual. Later that day I confirmed our participation with the Local Land Services & requested some Wild Dog baits.

Picking up our Wild Dog baits at the Local Hall is just like an Annual Pilgrimage, except no one prays. It's a joyous time where we meet farmers from the other end of the river, we renew friendships, and we tell each other of our conquests, our misfortunes, discuss the price of cattle & compare photos of flood damage to our properties. Yes the 1080 Wild Dog Baiting Program does have its social benefits.

Upon receiving my allocated baits & mandatory signage I noticed that the baits were not the usual lumps of meat infused with 1080, nor were they the manufactured baits. I had received Lovely Juicy Kidneys!! Yummy, yummy, now that really looks appealing. I ask you what self -respecting wild dog could refuse such a delicious mouth-watering 1080 lovingly infused bait?? That really made my day.

So off I went & put up my special signs which confirmed my previous notifications to all my neighbours. The next day I set off to deliver the lethal treats. I placed them in hollow logs deep inside my forest, along cattle tracks & covered them with bark & twigs & placed them near the cattle camps. In a couple of hours my work was done. I felt proud that I was playing a part in helping to eradicate one of the most destructive predators living in our midst.

Approximately eight days later I was crossing a creek on my tractor when I smelt a horrible gut wrenching smell. OH NO, not a dead calf!!! I drove through the creek to the other side & searched in the long grass. The last thing I wanted to find was a dead calf. My beautiful precious calves. Please God not a dead calf!!

Eureka!!! Yes you beauty! There it was, a dead Wild Dog. I felt no sympathy, just satisfaction that it would not reproduce or terrorise livestock in the future.

The main point I wish to make, is that, every effort needs to be taken to protect our livestock. The benefit of baiting is not as obvious as, for example, trapping. However if we all contribute in whatever practical manner at our disposal we **WILL** have them under control.

Len Grasso Haven Park

Bunyah.

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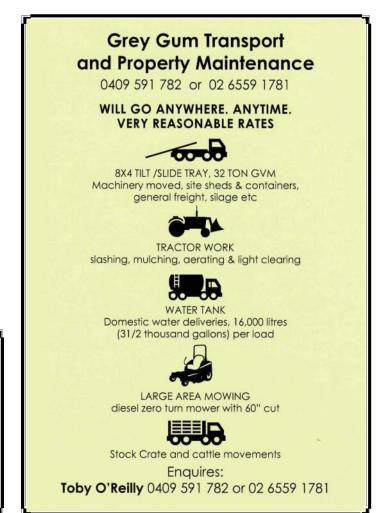
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#### **REAL KULTCHA**

Oh dear. The horror. The ignominy. The embarrassment. The first team in this year's AFL comp to lose by over 100 points! Yep, you guessed it, my some-what-less-than-mighty *St Kilda* got run over last night by *The Bulldogs*, 21.18 (144) to 5.3 (33)! I watched the game and can report a couple of things: *St Kilda* were **BAD** (verging on hopeless); and they should start planning their end-of-season trip now. Mind you they shouldn't look to go any further than the Sandringham Yacht Club and, with last night's game still fresh in my mind, they'd better be thinking of it as a day trip only! Mind you *St Kilda* are still way out in front of *The Magpies* who seem to have received a very early visitation of *The Colliewobbles* and there appears to be no indication their own personal virus is about to depart. Too bad. How sad. Never mind.

But surely there's been some better news going around? Well, in the NRL *The Roosters* (in 5<sup>th</sup> place) played *The Broncos* (in 15<sup>th</sup>) yesterday and *The Chooks* got wholloped a lot to not many! The game might yet be seen as the up-set of the season. There's a reason *The Broncos* were  $15^{th}$  and that's because they have been pathetic. Now I don't usually cite as reliable sources dribblers or tipsters, but in today's *Sunday Telegraph* the *Battle Of The Tipsters* (and there's 14 of them including Anthony Albanese [and he's running 5<sup>th</sup> ahead of], Ray Hadley, Bob Fulton and Steve Mortimer) not one picked *The Broncos*: they all picked *The Roosters*! It's been that kind of year and while *St George* are in the top 8 they were beaten by a point by *The Sharks* (13<sup>th</sup>). I'm glad I don't wager my hard earned on any of the sports I report on.

And speaking of Rugby League, I watched gob-smacked a few nights ago as Clive Palmer (remember him) sat next to Israel Filou (remember him as well) for a press conference. Yep, Izzy has walked out of his contract with the *Catalans Dragons* (in France), returned to Australia and has applied to play Rugby League with the *Southport Tigers* in the Gold Coast comp. And Clive Palmer? Well, he's the patron of the *Southport Tigers* and he waxed lyrical on how much of his money he was going to spend to make sure that Izzy would be allowed to play. A reporter at the press conference asked Izzy if he still held the same views he did earlier (statements relating to homosexuals and the treatment of gays) that had resulted in his Rugby contract being torn up. He instantly launched into a sermon on the relevant portions of the Bible and his and the reporter's interpretations



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of those. It was quite interesting to see Clive (a little slowly, I thought) jump in and shut the discussion down. It seemed to me Izzy still hasn't learned when it's time to keep his mouth shut and when it's time to speak about his Faith. I think trouble could well be in store for Clive and the *Southport Tigers*. When Izzy's return and proposed application to play was put to the ARL they flick passed it saying it was a matter for the Queensland Rugby League! This, I think, has some more game time to go yet.

Had an e-mail from a friend t'other day and he raised a gripe that had slipped by me. How many times have you heard some dribbler say, during a Major tennis tournament like The Oz Open, that so-and-so, "Has won x number of Slams." Would you believe it, I just looked on the rear page of *The Sunday Telegraph* sport section to-day  $(23^{rd})$ May) and there, below a picture of Serena Williams in full flight, was the line: "Serena's Final Bid To Equal Margaret Court's 24-Slam Record." Just to backfill your knowledge of what I'm talking about, there are four tennis Majors played around the world each year: The Oz Open, The French Open, The Wimbledon Championships and The USA Open. There are of course, many other National Championships played but there are only four Majors! If a player (male or female) manages to win all the four Majors in the one calendar year, then he/ she is said to have won a Grand Slam. The last man to achieve that feat (I'm told) was our own Rod Laver in 1969 though he had also achieved it in 1962, during the amateur era. The last female to do it was Steffi Graf in 1988 and it could be said she turned it into a Golden Grand Slam by also winning the singles gold medal at the Seoul Olympics that same year. If a player wins say The Oz Open, they have won a Major not a Slam. Margaret Court didn't win 24 Grand Slams she won 24 Majors and at the moment Serena (according to *The Tele*) has only 23 and she's trying hard to win her 24th to equal Margaret's total. The important things to remember when you're listening to a tennis dribbler are: they may have known how to play tennis in their day but it seems facts can be so boring; the word slam by itself, means nothing; and so a Major and a Slam ARE NOT

**INTERCHANGEABLE TERMS!** I might just send this rant to *The Tele* and to *The Oz Open* bosses to see if the information will filter down. Do you think it'll happen? Yeh, fat chance!

Talk at you next month,

#### The Hillside Critic



Across The Fence – June, 2021 - Page 21



Some clouds are up to 20,000 metres thick From top to bottom - Nearly three times as tall as Mount Everest



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## Stephen Bromhead MP

Media Release

#### CHEERS TO VOLUNTEERS IN MYALL LAKES

Volunteers across the Myall Lakes will be recognised for their commitment and countless hours of community services as part of the 2021 NSW Volunteer of the Year Awards, with nominations now open.

Member for Myall Lakes, Stephen Bromhead said volunteers have been the backbone of our community over the past 12 months and have dedicated countless hours to support individuals and community groups right across the Myall Lakes.

"From our local sporting groups to our environmental and community groups, our volunteers are the hands that keep our community ticking and contribute in so many ways," Mr Bromhead said.

The opening of nominations for the awards coincides with the start of National Volunteer Week – this year's theme is *Recognise. Reconnect. Reimagine.* 

"When times get tough we see our volunteers shine, like during the recent natural disasters – members of the community did not hesitate to get out there and support one and other. We can't underestimate the difference volunteering makes." Mr Bromhead said.

Last year more than more than 118,000 volunteers were recognised from across the State with nominations now open across eight categories, including;

- Adult Volunteer of the Year;
- Young Volunteer of the Year;
- Senior Volunteer of the Year;
- Volunteer Team of the Year;
- Corporate Volunteer of the Year (Individual);
- Corporate Volunteer of the Year (Team);
- Club Volunteer of the Year; and
- Excellence in Volunteer Management.

The Centre for Volunteering CEO Gemma Rygate said the awards were a way to thank, recognise and celebrate the efforts of the state's 2.4 million volunteers.

"The awards are a vital way for every one of us to say thank you for the invaluable contribution of our volunteers," Ms Rygate said.

Nominations close on Friday, **9 July 2021**. For more information, visit <u>https://www.volunteering.com.au/volunteer-awards/</u>



#### Forster's Lakes Estate access road will close soon

Following community consultation last year, MidCoast Council will proceed to close the access road from The Corso to the Lakes Way from Wednesday 2 June.

An alternative route for through traffic south of Forster will be realised when the extension to The Southern Parkway is completed, although there is no immediate timeline for this to occur.

Meanwhile, close to this location, construction of a new roundabout on The Lakes Way is included in the 2021 - 2022 works program. That roundabout will connect to The Southern Parkway extension when it is completed, and is also planned to provide a secondary access to the new Palm Lakes development located opposite the Lakes Estate.

#### New roundabout near Manning Base

MidCoast Council contractors will begin construction of a new roundabout at the corner of York and Pulteney Streets, Taree on Wednesday 2 June.

The project is being funded through the Federal Government's Blackspot Funding program which targets dangerous intersections and implements measures to reduce the risk of crashes.

It's expected to take about eight weeks to complete the roundabout, weather permitting.

"This intersection has been on our radar for some time and it's fantastic to see a solution coming for local road users," said Robert Scott, MidCoast Council's Director of Infrastructure and Engineering.

"Given the proximity to Manning Base Hospital and other vital health facilities, this is a busy intersection and it's so important that access to these services is safe for everyone."

For the duration of the works the **Pulteney and York Street** intersection will be closed to traffic, with motorists entering and exiting York Street via Commerce Street.

#### There will be a temporary right turn access allowed to enter York Street from Commerce Street, while it will be left turn only when exiting York Street onto Commerce Street.

"Pedestrian access will be maintained around the work site for the duration of the works and the good news is that High Street is unaffected by the works so the Hospital's emergency department will operate as normal," said Rob.

Motorists around York Street and Commerce Streets are asked to observe all roadworks signage, traffic signals, reduced speed limits and directions from road crews, and to travel with caution through the area.



Across The Fence - June, 2021 - Page 23



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#### Artists of Wallamba Inspire ~ Create ~ Connect



Another fabulous workshop hosted by *Di Smith* at Failford. *Susie Oldfield* facilitated a Screen Printing Day with great results. We love to have new people who would like to try, or share, techniques, mediums and ideas. There is no cost for the workshops, just a small charge to cover materials. Our next meeting of Artists of Wallamba is **20<sup>th</sup> June at 10am**. We're arranging the details so please call if you'd like to enquire or come along for some creative play time!



**Manning Regional Art Gallery** in Taree hosts an untutored **Life Drawing** group on the 2<sup>nd</sup> Saturday of the month. All are welcome – bring materials and easel for a relaxed afternoon. On exhibition until July 10<sup>th</sup> are '*Paintings you probably haven't seen'* by **Ken Done** – a brilliant selection from his private collection. Also, until July 10<sup>th</sup> see '*Pen, Print, Paint & Pixel'* by **Stephen Michael King** – internationally acclaimed children's book author and illustrator who has produced



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more than 100 books over the past 30 years! His home is "on a windy hill atop a coastal island where he draws, gardens and builds wiggly walls". Call for entries for **The Naked & Nude Art Prize.** Entries close 16<sup>th</sup> June so be quick!



'Bear and Rat' by Stephen Michael King. Photograph courtesy of MRAG.

**'Introspections'** is on show **Gloucester Art Gallery** until June 13<sup>th</sup>. Local artist **Christopher Steele** combines drawing, painting and digital media to produce a body of work related with female archetypes at its base. From June 17<sup>th</sup> see **'Dots from my Heart'**, an exhibition by **Gamilaraay Girl Jenna-Rose Orcher**, exploring the artist's "exploration of identity and place within her culture".

Lake Street Gallery in Forster has ongoing member exhibitions. Pacific Palms Market Day and self-drive Arts Trail is on the 27<sup>th</sup> June. 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, and our own Nabiac Nook and Earth Body and Soul, both with fabulous works by local artists and artisans.

Artist supplies can be found at **The Edge Gallery & Art Supplies** in Taree, and **Memory Lane** in Forster. And a brand new framing store in Taree. Check out **The Framer, Ron Warner** Shop 2, 71 Victoria Street, Taree – Monday – Thursday 8.30 – 4pm. See Ron for your framing needs as well as professional quality canvases and prestretched canvas boards.

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. We love to welcome local artists and art supporters at our monthly get togethers and workshops, and guarantee creative company, delicious food and warm hospitality whenever we meet!

Kate Landsberry

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#### Lyn's Larder

FENNEL & MUSHROOM GRATIN

Not sure if I have put this one in before?

#### INGREDIENTS

- 1 Small Potato –peeled
- 1 Large Fennel bulb
- 10g Butter

2 tsp Olive oil

1 Small Clove Garlic, crushed

50g Button mushrooms, sliced

1 tbsp White wine or dry vermouth

<sup>1</sup>/<sub>4</sub> cup (60ml) Cream

1 tsp Chopped fresh thyme

30g Semi dried tomatoes, chopped

2 tbsp Grated Parmesan

#### Method

- Bring a small saucepan of salted water to the boil, add the potato and boil for 5 minutes or until tender Cool and cut into 5mm slices
- Meanwhile lightly grease a 2 cup (500ml) shallow ovenproof dish cut the top and base off the fennel and remove any tough outer layers. Thinly slice the fennel
- 3. Heat the butter and oil in a frying pan, add the fennel and cook over a low heat for 6 minutes or until soft. Add the garlic and mushrooms and cook for a further 6 minutes. Add the wine, cream, thyme and tomato, reduce the heat and simmer for 2 minutes, stirring occasionally. Stir in 1 tbsp of the parmesan.
- 4. Place the fennel mixture in the prepared dish, layering it with the potato. Sprinkle with the remaining cheese and place under a hot grill for 1-2 minutes, until the cheese melts. Serve with tossed green salad.

Good for a warm lunch with friends.

#### A wise man said to his son:

"My boy! When you accumulate the understanding to know why a pizza is made round, to be put in a square box and is eaten in triangles, then my son, you will be able to understand women."





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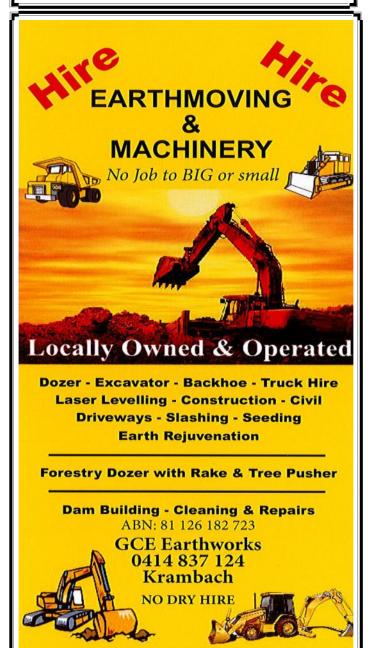
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Paddy was walking home late at night and sees a woman in the dark shadows

'Thirty quid,' she whispers

Paddy had never been with a hooker before and decides what the hell its only thirty quid

So they went into the bushes

They're wildly and passionately entwined for a minute when all of a sudden a light flashes on them

It's the police

'What's going on here people? askes the cop

I'm making love to my wife,' Paddy answers sounding annoyed 'Oh! I'm sorry says' the cop 'I didn't know.'

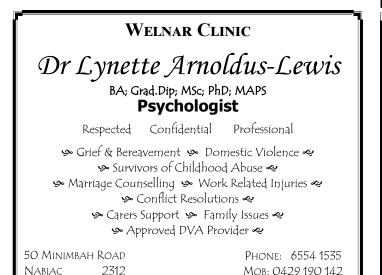
'Well neither did I 'til you shined that bloody light on her face' said Paddy



Pharmacist to a customer: "Madam, please understand, to buy an anti-depression pill you need a proper prescription. Simply showing your marriage certificate and husband's picture is not enough.

A bookseller conducting a market survey asked a woman, "Which book has helped you most in your life?' The woman replied "My husband's cheque book! "

As it is important for the elderly to exercise daily by walking, a family member at the age of 70 starting walking 5 klms a day......He now would be 80 and no one knows where he is! "



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#### KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on Monday 21st June, 2021. Volunteers and Committee members welcome to join. HALL MARKETS: 3rd 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

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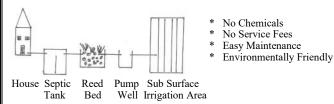
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Across The Fence - June, 2021 - Page 26



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#### **Good Medicine**

#### The Great Healer and His World

No doubt you or your family have experienced the need for a doctor at some time ... perhaps for a broken bone, to stitch a wound or perform a surgery. Doctors are hard working and compassionate and have expertise in diagnosing and prescribing medication.

They learn about our bodies and use the knowledge to help restore us to health. But the only reason doctors can do anything to make us better is that God created us with the ability to heal. Operating would be useless if incisions didn't heal ... for 'reasons known only to God', He appointed us humans to partner with Him in the work of caring for creation.

Scientists can devise therapies to restore our bodies but they are not healers. The Bible says God is the healer, *Exodus 15:26* ... doctors simply 'cooperate with His original design'.

So while we can be thankful for science and doctors our praise and thanksgiving goes to God who designed an orderly universe and gave us minds to discover how it works.

Many scientists in centuries past, like Florence Nightingale and Louis Pasteur, used their God - given abilities to discover things that we take for granted, but most people of those times hadn't even thought about ... such as hygiene, vaccination and pasteurisation.

In the 1800's nursing was considered the lowest job, disease was rampant and little was known about the importance of hygiene in caring for the sick. Florence felt a divine calling on her life and, despite her father's objections, went to Germany to become a nursing student and later nursed soldiers of the Crimean war. She also studied statistics and her work led to the conclusion that 90% of soldiers' deaths were due to lack of hygiene rather than war injuries. She is the pioneer of modern nursing ... I remember at school learning about the *Lady with the Lamp*.

Humans over many centuries have used their abilities and minds to discover how our world works.

### News From The Pews

#### **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

**June** times are Saturday 5<sup>th</sup> at 6:00pm - Saturday 12<sup>th</sup> at 6:00pm - Saturday 19<sup>th</sup> at 6:00pm *(contact Helen Legg on 6559 1211)* **July** Mass - Saturday 3rd at 6:00pm We think of the world as ours because we live in it ... we can drink it's water, mine it's gold and fish it's seas ... but only because God has given us the go-ahead, *Genesis 1:28*.

Really it's **God's World** ... amazingly He has entrusted His creation to mere humans even though He knew we would mistreat it and deny He made it, still 'He allows us to call it home'. Despite space exploration no other better home has been found ... personally I prefer to have my feet on terra-firma any day.

Today take a moment to enjoy life in God's world ... smell a flower, listen to a birdsong, revel in a sunset, did you watch the recent eclipse of the moon? When you think of all that's good ... including your abilities ... give thanks to God.

Let the world we live in inspire us to worship the One who owns it, the Healer of our bodies and souls.

Quotes from ourdailybread.org

#### The Counsellor

#### **CTC on Tuesdays**

TC@Nabiac

**Nabiac Community Technology Centre** is open on Tuesday mornings from 9.30am until 12 midday in the Nabiac Neighbourhood Centre.

We are available to do copying, printing, (black & white) laminating, scanning or help with Word, Excel, PowerPoint, emailing, searching the internet or other software problems.

Opening is limited to Tuesday mornings only at the moment. Volunteers are needed for us to open other mornings.

Customers are welcome to bring their own laptop to use our WiFi  $\,$  or use our desktop computers.

CTC at Nabiac have a registered Covid 19 Safety Plan in place with Service NSW

Alan, Jillian and Sheila.

#### Krambach Bible Church (a ministry of Wingham Presbyterian

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

#### St Paul's Anglican Church, Nabiac

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

Every Week Day Before and after school care by *KIDS SHACK* We also provide Vacation time care. Call **Joy** on 0438 273 360.

## St Isidore's Catholic Church, Nabiac - They're back

June Mass - Saturday 26th at 6:00pm



Across The Fence - June, 2021 - Page 28