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# ACROSS THE FENCE

**We need to laugh to get through tough times**



**hope this starts  
your smile**

News from the Wallamba Watershed is a **FRANK BOTTOM PRODUCTION**



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## Editorial.

Hi all,

Here we go again. Will we ever get back to normal lives again?

We are so lucky living in our little bit of semi secluded paradise, away from lockdowns and the mental trauma a lot of people are going through at the moment

My son is so bored that he has been driven to clean out cupboards, polish furnisher, paint walls, go through his clothes and now he has another month ahead of him stuck at home in Sydney. His veggie patch should be totally up and producing by the end of all this.

Wish is could have him here for four weeks. He could help clear the property and get fit again.

The paper is short 4 pages this month as, although most of the reports came in, with the continued stopping of meetings, etc. some are shorter than usual and the Artists article is missing, so I have made a group page of the plumbers and electricians that your can keep, with all the choices of whom to use on one page, next to your phones.

Didn't want to troll through hundreds of jokes to fill up 4 pages, sorry.

We have had a taste of REAL winter over the last week with temperatures down to 2degrees of a morning at my place and frosts.

An ex neighbour said they had even had a frost on the river banks at Tuncurry. Puts me in mind of the minus 5's I got when I first came up here 20 years ago. Bl..... Freezing going over to break the ice on the horse's trough and fetch the eggs of a morning.

Have to admit, though, that the days have been glorious.

A couple of new advertisers. More people moving up here and trying their hands at self employment.

One is into pools and concreting and another into rural maintenance.

With the lack of events happening I am stymied as to something for the front page. Still pondering - maybe something funny to cheer us all up like I put on last August's issue!!!!

I hope everyone is keeping safe and wearing masks (dreadful things to try to breathe through) and getting their 'shots'. I am biting the bullet and phoning to day for an appointment to get mine. Been a bit wary thinking of the side affects.

Animal owners, watch out for ticks with all this hot/cold weather. Timidty has had a couple, fortunately only bush ticks, but the vet has told me they have had a lot of animals presents with ticks recently.

Question: is there anyone out there who would like to do a gardening article every month? Something pertinent to our climate and area???

If there is, let me know—6559 1811. Would really appreciate it.

'til next month

Lyn, Tilley Cat & Timidty



## WHAT'S HAPPENING IN AUGUST, 2021

### Markets & Events.

• Bulahdelah	(1st Sat)	7 <sup>th</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	8 <sup>th</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	14 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	14 <sup>th</sup>	
• Myall Quays	(3rd Sat)	21 <sup>st</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	21 <sup>st</sup>	8am to 12 noon
• <b>Krambach</b>	<b>Closed indefinitely</b>		
• <b>NABIAC</b>	<b>(Last Sat)</b>	<b>28<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	29 <sup>th</sup>	8am to 1pm
• Pacific Palms	(Last Sun)	29 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	8 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	1 <sup>st</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	28 <sup>th</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	21 <sup>st</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	28 <sup>th</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	8 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	21 <sup>st</sup>	
• Taree Rotary Book Fair	(3rd Sat)	21 <sup>st</sup>	7.30am to 12.30pm

**Just noticed the Taree Rotary Book Fair and the Great Lakes Palliative Care Markets which are on monthly Two money raisers for charity to be looked at?**

**These are WHEN they are supposed to be opened but due to COVID I don't know which are closed or open on the date.**

**Check out barringtoncoast.com.au for more info & confirmation**

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

Production: Lyn Reid

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

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

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

**ALL ART WORK IN JPG ONLY**

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

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For the clients who have asked about **Ali** who is an accredited Practising Dietitian, Sports Dietitian and a massage therapist. Ali is happy to accommodate anyone who would like to see her in the side shop of the salon, totally private and very professional. Please phone Ali direct on **0401 489 447** to arrange a time that would suit you.

**Cassie**, our wonderful Beautician, is still on Maternity leave so watch our Facebook page for future updates for when she will be working again and her hours.

*Just a reminder that there is NO salon phone now, but you can phone direct to Shaz on 0410 541 672 to arrange an hair appointment. Please leave a message and Shaz will get back to you as she would be busy Applying colour or is already with a client.*

*Please note due to CV19 this is a no walk in salon now, and if you would like a Hair appointment just phone the salon and Shaz will be happy to accommodate where she can. Thankyou for your understanding and thank you to my loyal clients who rebook for their next visit; this really helps to maintain some sanity when things run smoothly. lol*

Until next time

Shaz ☺

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The recent concerning news from Sydney has prompted a re-think about the vaccination roll out in Australia, with the government now wanting to activate as many distribution points for the vaccine as possible.

As part of this next phase of the vaccine roll out, community pharmacies will now be a part of administering this vital medical help.

At this stage we anticipate that Nabiac Pharmacy will be administering the **Astra Zeneca** vaccine sometime in August. It is safe, effective and free. It has been administered to hundreds of millions of people already and looks set to protect hundreds of millions more. People receive two doses 12 weeks apart for complete coverage.

Currently this program will only be available for those 40 years and over, though this may change. If you want a vaccine sooner or if you have a complex medical situation please see your doctor.

We will do our best to communicate information about this via advertising and Facebook.

Until then keep safe.

Tim

## Krambach Garden Lovers News



Hello fellow gardeners.

I am sorry to say that because of Covid 19 we have had to cancel our monthly meetings.

This gives us a good excuse to work in our gardens and, if you are like me, to rid the garden of the enormous weeds.

We can then escape and plan our Spring and Summer bonanza.

Enjoy. Hope I can soon speak of meetings - take care and Happy gardening

Judi

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Between the Pages

Nabiac Library News



Hello to all our readers and residents in the Wallamba district; with its heart in Nabiac. We are so lucky to live in such a beautiful and relatively safe environment; with all our main needs and services available right here in our own caring community. A huge thank you to all our businesses and residents for making it so easy to manage the constantly changing COVID challenges. We are all in this together comes to mind yet again!

The mandatory masks and QR code check-ins now seem to be part of our culture and way of life. These are relatively simple measures that help keep us all safe, and ensure our health authorities can track any new outbreaks. Please remember you will need to wear a mask to visit our library in Nabiac, and you will need to QR Code check-in. Please don't worry if you can't QR Code in. We have an alternative option for you; whereby we can log you into the QR code on our Library computer instead. In Meerkat language; "Tis simples!"

**Stock transfers means new selections are available on our shelves every week.**

Did you know that every Tuesday we have a changeover of books on our shelves? This involves 40-50 books in a designated genre being taken from our shelves and transferred to another branch library; to be replaced by the same amount of books in the same genre into Nabiac Library. This week's genre for stock transfer was **Non-Fiction books**. Some notable categories included Australiana, Movies, Music, Poetry and Writing, Sport and Transport.

Here are some suggestions to tempt you!

### • TRANSPORT: BOATS

Spring and Summer are just around the corner and for those folk who want to get out on the pristine waters of our piece of paradise and explore and enjoy here are a few helpful books available in Nabiac Library:

- Boat Maintenance
- Marine Diesel Engines
- Canoe Craft

And for those of us who like a bit of conspiracy and history; what about "101 Things you thought you knew about the Titanic – but didn't"

### • TRAVEL

We all know we can't travel internationally or often even interstate at the present time. However, we can explore options for when we can travel safely again. We have a wide range of travel books in Nabiac Library that explore overseas and Australian destinations. Come and check them out.

- A book that may appeal to many of our locals is the "Grey Nomads Guide to Australia."
- Another that caught the eye is "Tim Bowden's Antarctica and Back in 60 Days". It sounds like a 'bucket list' journey. We can always read and dream!

### MAGAZINES @ Nabiac Library

Magazines are a favourite way for many people to follow the latest news, trends and ideas for all varieties of living; including gardening, food ideas, travel and lifestyle. At Nabiac Library we offer the following magazines for readers to borrow and browse.

- Australian Women's Weekly with the latest edition featuring OZ Icon Maggie Tabberer
- Better Homes and Gardens- an all time favourite and offshoot of ABC TV.
- Gardening Australia – another informative magazine for all the gardeners in our area.
- PIP – the Australian Permaculture Magazine. Dedicated to sustainable living on our land.
- R.M Williams Outback. Stories about living and working in the Australian Outback.
- Open Book. A quarterly issue focused on books, libraries, art and ideas.

Sadly, we have to say farewell to some old favourites that have now gone out of print and circulation. A sign of the current times!

- Farewell to "Super Food Ideas" magazine. This will be replaced by "Taste" magazine.
- Farewell to "Good Health" magazine. We will wait to hear what it will be replaced with.

There are, of course, a much greater variety of magazines available for borrowing across our libraries in the Mid North Coast; both in electronic and paper form. Just search the catalogue; or alternatively call into Nabiac Library and make a request. We are here to help you.

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Smith**

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## JIGSAW PUZZLES@ NABIAC LIBRARY

Do you love jigsaw puzzles? Did you know they provide Zen and meditational focus and help to develop your visual discrimination skills? They are a great way to just switch off from life and focus on detail in a visual format.

NabiAc Library regularly offers a **community participation jigsaw** on its study tables that encourages members of the community to come in and share the solving of the jigsaw. Our volunteers like to dabble in it in quieter moments and one of our regular members just loves her times away from life, to just focus on solving the current jigsaw. Come along and join in!

We also have a quite a number of Jigsaws available for borrowing, including some new choices that have recently come into our Library. They look challenging and interesting and include:

- Arabian Street - part of the Vivid Views Series. It is a colourful and detailed 1000piece.
- Wacky World - Venice is a cartoon like interpretation of Venice canals and streets.
- The Postman's Round - Leaving the Post Office. This one is part of a series of nostalgic artwork by Trevor Mitchell.
- Memories of the 1980's: The Shopping Basket. You have to borrow this one just to see what you can remember from 40 years ago... if you are old enough of course! If not, why not borrow it just to learn what has changed or not!

### Come on into NabiAc Library!

We are easily accessible in the NabiAc Showground. Just use the front entrance on NabiAc Street! We offer a friendly service by volunteers to help meet your needs and requests.

We also offer free WIFI and have two free public computers for your usage; as well as facilities to scan, copy or print. Come on in and enjoy our facilities.

Our current winter opening hours until the end of August are:

Monday: 3pm-4:30 pm  
Tuesday: 3pm-4:30pm  
Thursday: 9am-11am  
Saturday: 10am-12 noon

We look forward to you visiting us for whatever your needs. Please remember we are a COVID safe environment. You will need to wear a mask and to use the QR Code check-in, either independently or via our staff.

Stay safe, stay well and we hope to see you at our Covid Safe library in NabiAc.

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### MINIMBAH MATTERS

**Minimbah Rural Fire Brigade** quite often has their name mis-pronounced as Mini-bah. Sometimes it is an honest mistake and other times it is a joke with a hotel mini bar in mind. Well the joke's on them. We would like to send a huge shout out to the talented gentlemen at the **Forster Tuncurry Men's Shed** who produced this wonderful piece for the Crew Room at our Fire Station. The photo does not do it justice. It is truly a magnificent piece of work for which we are very grateful and proud-as-punch to display. Call in to the Men's Shed at the Tuncurry Tip complex one day – you will be amazed at what they do.



The dreaded Covid-19 restrictions are still being enforced across the State. The impact of these restrictions on the NSW Rural Fire Service (RFS) means that we are not permitted to carry out any non-essential training or meetings at present. Even scheduled District Medal Presentation Ceremonies have been cancelled. Only activities deemed to be essential, such as responding to fire calls or motor vehicle accidents and the like.

The weather hasn't been particularly conducive to lighting outdoor fires or burning off recently, but we have noticed some smallish burns being carried out in the smallish windows of opportunity.

**One  
Round**

**TO-IT**  
Issued at  
Minimbah  
July 2021

If you are planning on getting **a-round-to-it** and have children to "help" you, why not take the opportunity to make them aware of the potential risk that fire can present. Nothing too deep and meaningful that may frighten them, especially the smaller children. Just little things like being aware of flying embers; don't walk too close to a bonfire or campfire; don't walk between another person and the fire – go around the back of the person.

Remembering to make sure fires are fully extinguished before you leave them is extremely important. Fires may look safe, but with the winds we have been having lately, they will spring to life before you know it. If you are away from the fire they could do some serious damage without being noticed.

Please be very mindful of the frequent and rather sudden changing weather conditions if you are lighting up, and remember to give your neighbours and local fire authority at least 24 hours' notice.

**On-line Notification of your intention to burn - [www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify).**

For more information regarding requirements when carrying out burning,  
and to notify your intentions if unable to do so on-line, call

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# Nabiac Second Chance Opportunity Shop

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Open Monday to Friday  
9am to 12noon

(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

37 Nabiac St, Nabiac

6554 1876



## News from Nabiac Second Chance Op Shop

Open Monday to Saturday 9.00am to 12.00pm

Closed the first Wednesday of each month.

Hoping everyone is enjoying the Olympics. We are and it's great to have a diversion from Covid19 for a few weeks.

Conditions of entry for Op Shop and Shed is to wear a mask and scan the QR code or sign in.

Thanks to everyone for their co-operation.

### Donations:

Please be mindful when donating as we can only sell good, clean linen and clothing.

Also a reminder we are unable to accept electrical goods, toys and mechanical.

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

### Shop:

We have plenty of winter and summer clothing available and we are restocking each day.

Also a large range of Doona Cover's in all sizes. Also a lovely selection of Bric N Brac.

See photo.

### Shed:

We have a large range of items in the Shed as well.

Don't forget our great library filled with a huge range of novels \$1.00, DVD's \$2.00 and CD's \$1.00.

What treasure you didn't find in the Shop or Shed one day could be there next day.

See photos.

So come on in and find yourself a bargain.

### Volunteers:

Something to think about is volunteering. We have a wonderful team at the moment.

Unfortunately Due to the Covid19 restrictions we unable to put on more. Once the restriction are lifted and we are allowed to increase our numbers we will be looking for new volunteers.

If you have a spare morning and would like to join our wonderful



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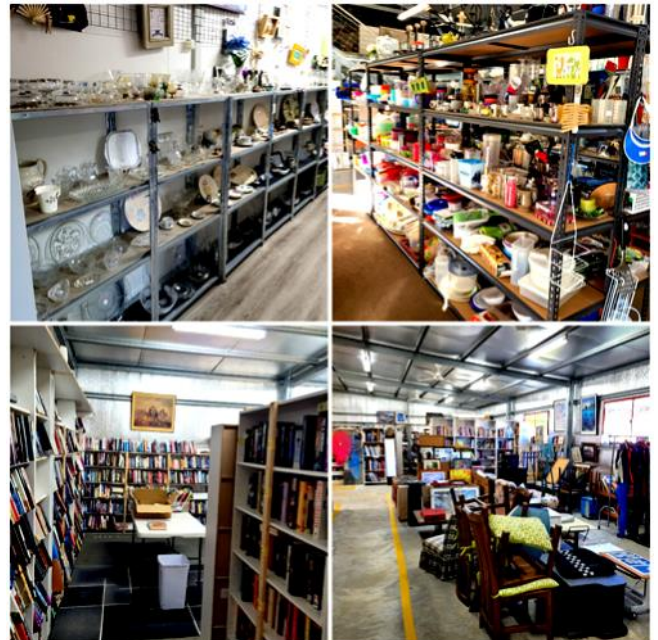
team, please call into the

Op Shop either on Tuesday or Wednesday and ask to speak to Kathryn and you will be put on a list to be contacted when the restrictions are lifted.

Volunteering is your way of helping to raise funds for your community which will go towards the next project.

Nabiac Op Shop needs YOU!

Looking forward to seeing all our wonderful and loyal customers at the Op Shop and Shed.



Kind Regards

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

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## Show News

### AGM

Our next Show meeting will be held on Tuesday 10<sup>th</sup> August at 7.30pm in the Showground Hall. It is our annual AGM. We would be delighted to see our members and new interested members of the community join this keen group of volunteers to continue the long tradition of delivering the Wallamba District Show. The next one will be #109.

There is a keen focus on filling roles and activating the planning of our next Show to be held on Saturday 19<sup>th</sup> March 2022.

Some of the roles involve a long lead time commitment, but others are only for a couple of weeks, or hours on Show Day itself. Whatever time you can offer will be put to good use. If you have experience, interest or skills to share in any of the below areas, your addition to the membership would be an appreciated contribution to the community.

- ♦ Promotion and marketing
- ♦ Co-ordination and administration
- ♦ Dealing with animals
- ♦ Service of alcohol
- ♦ General pair of willing and able hands

### KIOSK

If you go to the cattle yard side of the Grounds, you'll see that the old Kiosk has been fully demolished and the new one is on the way to rising from the dirt. It is a very exciting time for both those who variously use the Kiosk from the inside or outside. Your patience and understanding during this interim period, being with a kiosk, is appreciated.

*Sally Henderson*

Secretary

0420 397 463

E-mail: secretary\_wdah@outlook.com



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## Nabiac Memorial Neighbourhood Centre



Hi Everyone,

Not much news from the Committee of the Neighbourhood Centre. We have decided to cancel our August meeting due to COVID. We are planning for our AGM to go ahead in October, date to be advised.

As of 30<sup>th</sup> June 2021 there were 144 members of the Neighbourhood Centre.

Many of these members belong to the sub groups of the Neighbourhood Centre – the Nook, Nabiac Landcare, Nabiac Second Chance Opportunity Shop, Aub Ferris Sporting Fields Redevelopment, Nabiac Community Technology Centre, Mid Coast Community Quilters, Nabiac Village Futures Group and Nabiac Farmers Market.

The members of these groups are all volunteers. Their Volunteers Insurance is arranged through the Neighbourhood Centre. Between now and September we will be asking all groups to send us their revised lists of members (as of 1st July) if they wish to continue membership.

Again we would like to remind the local community of how fortunate we were to be set up as a Neighbourhood Centre Association when the old Wallamba War Memorial Hospital closed in the early 1980's. The Centre has changed a little over the past 40 years in what is offered there, but on the whole it continues to provide sustainability, education, support and opportunity to the people of Nabiac and surrounding areas.

**Louise Collins,**

Secretary, Nabiac Neighbourhood Centre



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## WALLAMBA CWA REPORT

Well it was back to abiding by the Covid19 rules with social distancing and the wearing of masks for the Wallamba CWA ladies when they held their July 13<sup>th</sup> meeting at the Nabitac Village Community Church Hall.

President *Margaret Weller* welcomed 10 members and received 6 apologies and opened the meeting at 10.00am with CWA motto and prayer as we couldn't sing the National Anthem.

Members paused to remember Patron *Iris Cummings* who had lost three family members since the previous meeting including her sister, brother-in-law and nephew, member *Penny's* Uncle Brian Harvey and *Pam's* friends Bruce and Joanne Duncan's son RAAF W/Officer Scott Duncan. Members also remembered Nabitac RSL Sub-Branch President Brian Penton and former actor Jonathon Coleman.

This month's thought was provided by *Mary Webber* and was **"Life is too important to be taken seriously."**

Items of correspondence included coach travel arrangements for the 2022 CWA Conference which is planned to be held in Sydney and 5 members have put forward their names to attend – let us hope the current Covid situation will have come and gone by May next year. The State International Conference had been set down for Dubbo but it was also a last minute cancellation and a number of emails had come through on Malaysia which is to be our Country of Study for 2022 and included some colourful information on their traditional necklaces which is to be one of the competitions being held.

*Penny* gave her International report and presented some information regarding the involvement of Malaysia during World War 2 including some facts on Borneo which was the location of the infamous Sandakan Death March where over 2,000 allied servicemen died. It was also around Borneo where Malaysian airlines flight MH370 disappeared in 2014 and is still a mystery as to why and where it actually happened.

*Penny* is looking into the possibility of members attending a local Malaysian restaurant to enjoy the cuisine as part of the branch's 'Country of Study'.

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*Merle* spoke on her and *Faye's* attendance at the Handicraft Seminar held at Terrigal and how they learnt quite a few hints etc regarding judging and techniques in this area.

We didn't have much to report in our Ag & Environment Segment as member *Ruth* has taken leave of absence for a while and *Coral* has just come back after some medical treatment but is keen to get into the topics again – we all admired her beautiful felted pictures of Possums and are sure she will have something at our next meeting.

Cookery Officer *Jean* advised us the new schedule for 2022 is out and is based on recipes from the last 100 years – 2022 being the Centenary of the foundation of CWA of NSW. There are several interesting categories and it is hoped to have an in-house competition amongst the members on possibly a Date and Walnut Roll at our September meeting.

*Penny's* Cultural Report informed us about the unexpected visit by a Southern Right Whale who made Wallis Lake around the Tuncurry-Forster Bridge and made Australia-wide headlines in the media.

During General Business President Margaret extended a 'welcome back' to *Coral* and pleased she had received good results and then wished her a 'Happy Birthday' with a card for her day on July 5<sup>th</sup> from the members.

*Pam* spoke about a quick visit to Queensland in early July to do a spot of grandparent 'baby-sitting' of her grandchildren whilst her son Andrew competed in a gruelling 100 mile (marathon?), the Brisbane Trail Ultra, with his wife being part of the check-point crew. Unfortunately Andrew only reached just over the 60 mile (100kms) mark before he had to withdraw with knee problem but was still very proud of his effort.

With no further business the meeting was closed at 11.30am and members, not able to enjoy their usual fellowship and lunch together, took their leave.

The next meeting of the branch will be held –all being well- on Tuesday August 10<sup>th</sup> at the usual venue commencing at 10.00am.

**Pam Muxlow**

Wallamba CWA Publicity Officer

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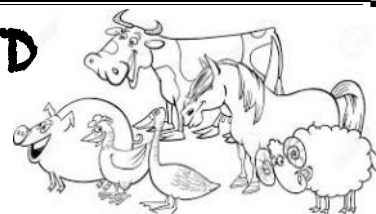
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The vampire squid has eyes that make up an eleventh of its body length. It's as if a human had eyes the size of a table tennis bat

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## Nabiac Landcare



The Nabiac Landcare team has been trying to get as much work done as possible with the soft soil making weed pulling easier. Unfortunately, we have had to have time off due to the high winds. Safety comes first and working under eucalypts when it's windy isn't a great idea. There are branches down and some casuarinas in the northern area of Lilypilly Bend have fallen over.

It is disappointing to see damage to the tracks at LPB caused mainly by dirt bikes and quad bikes using the tracks in the wet. This damage has increased considerably in the past couple of months and makes it very difficult for walkers.

Three common weeds in this area that can be difficult to control are privet, camphor laurel and ochra—**Micky Mouse**(→) bush. They have some traits in common, they are all tough, drought tolerant and set many juicy black seeds for birds to spread. If at all possible attack these weeds when they are young. It's been quite easy lately to pull seedling in the soft earth. "I'll get around to them later" is not a great attitude especially if one doesn't remember just where in 'the back 40' they were. I often carry some bright coloured surveyors tape in my pocket and will mark a weed that I can't pull for later attention. This is especially important for weeds like cassia (Senna species) that are only easily noticed when they are flowering.



**Privet in seed**

When poisoning these difficult weeds it is vitally important to use poison only when the plant is actively growing and not stressed. Winter may not be a good time. If poisoned incorrectly these plants will sucker from the roots or coppice from the base. Check with the Weedwise website ( <https://weeds.dpi.nsw.gov.au/> ) for the recommended poisons, concentrations and methods of application

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dyslexia and/or ADHD. Therefore, it is important to seek treatment for Irlen Syndrome first as the Irlen Spectral Filters can provide an immediate change. Once you have eliminated the problems related to Irlen Syndrome, you will have a better grasp of what other problems still remain and need to be addressed.

For more information or to book an assessment, call IRLÉN DYSLEXIA CENTRE TAREE on 0409 653700. Visit [www.aaic.org.au](http://www.aaic.org.au) for self-test, research and much more.

suitable for your situation. If in doubt contact one of the weed officers at the MldCoast Council. It's a waste of time and money if you have to come back and re-treat all or most of the plants. 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**  
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Adored Father & Grandfather

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Rest in Peace



## Krambach Hall Markets.

The Krambach Hall Committee wishes to notify everyone that unfortunately the Krambach Markets have been cancelled indefinitely. Apologies for any inconveniences.

When circumstances change they will let everyone know.

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 16th August 2021.**

**Volunteers and Committee members welcome to join.**

**HALL MARKETS:** Cancelled until further notice

**HALL BOOKINGS:**

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

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## CTC on Tuesdays



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.

## Lyn's Larder

Something for the vegetable lovers

## Butter Beans & Parsley

### INGREDIENTS

3 Leeks, trimmed and thickly sliced  
3 Courgettes, thickly sliced  
25g Margarine  
25g Plain flour  
450mls Milk  
2x400g Cans Butter beans, drained and rinsed  
6 tbsps Chopped fresh Parsley  
25g Fresh Wholemeal breadcrumbs  
50g Mature Cheddar Cheese, grated.  
Salt & Pepper to taste

### METHOD

Cook the leeks and courgettes in 2.5cm boiling water until just tender, then drain

Melt the margarine in a saucepan then add the flour, stir in and cook for 1 minute. Add the milk, stirring until thick. Bring to the boil, lower the heat and season.

Add the leeks, courgettes, butter beans and 4 tablespoons of the parsley to the sauce and mix well. Turn the mixture into an oven proof serving dish.

Mix together breadcrumbs, cheese and remaining parsley and sprinkle over evenly over the top.

Bake at 200° C (400° Fh) for 30 minutes. Maybe a little less if using a fan forced oven.

Would go nicely as a side dish for a roast instead of potatoes or just eaten, with maybe a green salad, for lunch

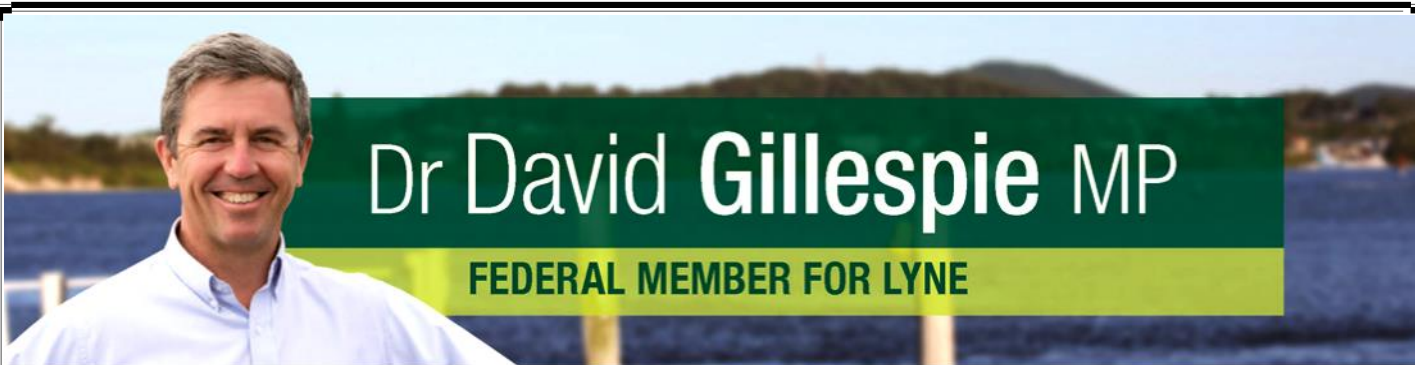


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# Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

## OVER \$4 MILLION FOR PROJECTS TO SUPPORT BUSHFIRE RECOVERY IN MID COAST REGION

Our bushfire impacted communities will receive a critical boost to their recovery from a number of projects to be delivered through Stage Two of the Bushfire Local Economic Recovery Fund, co-funded by the Australian and NSW Governments.

Projects across the Mid Coast region funded include:

- **\$403,980 for Kiwarra mountain bike park** including the creation of accessible trails for those with adaptive bikes, plus amenities and BBQ facilities.
- **\$598,522 to safeguard our community** against domestic and family violence
- **\$425,000 Old Bar Surf Life Saving Club** to refurbish and extend their clubhouse.
- **\$546,457 for upgrades** and a generator for the Wingham Services Club.
- **\$896,156 for the redevelopment** of 'The Green' Sustainability Education Centre.
- **\$428,367 for Indigenous Cultural Rangers** at Dark Point and Saltwater Aboriginal Places.
- **\$815,759 to Manning River Agricultural & Horticultural Society**, for upgrades to amenities blocks and road

It's fantastic to see these vital community projects receive this funding as people continue to rebuild their lives following the black summer bushfires that destroyed 125 homes in our region and damaged many more.

We are backing projects that will bring communities together, support tourism, provide improved or new social amenity, as well as increasing preparedness for future bushfires.

To date, more than \$2.3 billion in Australian Government support has been provided to help bushfire affected communities, including \$1.6 billion spent so far from the National Bushfire Recovery Fund.

## LEGENDS OF LYNE AWARD

I know the value of volunteering and I know what an impact it has on the ground for the towns and villages across the Lyne electorate - both socially and economically.

That is why I am very pleased to launch the Legends of Lyne Award, an opportunity to thank our volunteers for everything they have done and continue to do, to keep our communities safe, resilient, and thriving.

Around 8.7 million Australians regularly volunteer their skills, services, and time to make life better for those around them.

Volunteers like Corinne Lang from the Manning Base Hospital Pink Ladies embody the best of Australians.

Their remarkable efforts are increasing the strength, resilience, and well-being of our towns and villages.

Volunteering comes in all shapes and sizes - from a casual 'yes I'll help at the local fete' through to a regular gig with the many community organisations who work tirelessly to help those in need.

We all know a Legend of the Lyne electorate so go on nominate them today and let's celebrate their story.

**Nominate by visiting [www.davidgillespie.com.au/legends-of-lyne](http://www.davidgillespie.com.au/legends-of-lyne)**



## Dr David Gillespie MP

FEDERAL MEMBER FOR LYNE

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Authorised by Dr David Gillespie MP, Shops 2 & 3, 43 High Street, Wauchope, NSW, 2446

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- ☎ 02 6586 4462
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- ✉ [david.gillespie.mp@aph.gov.au](mailto:david.gillespie.mp@aph.gov.au)

### Taree Office

- ☎ 02 6557 8910
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Nabiac Showground 8am-Midday. -  
Last Saturday of each month, (except December).  
Next market: Saturday 28<sup>th</sup> August.

### Market News:

Welcome to our new coordinator **Andrew Richardson!**  
It's certainly exciting times for Nabiac Farmers Market, with covid confusion and a plethora of new ideas! We look forward to seeing the market continue to thrive.

Come and enjoy the markets. Covid guidelines are in place, so we can stay open! We thank all the stallholders and shoppers for continued support and cooperation. Masks, hand washing and local guidelines are key to helping the community healthy & happy and to keep the local economy alive. Staying healthy and positive are also key. So come along, enjoy some fresh air, and buy amazing local wares and fresh local produce... and remember to shop and go.

### In memory.



We wish to commemorate the life of **Brian Penton**, a truly inspiring and impactful member of our community. We pass our condolences to Brian's family for the loss of this amazing man. May you cherish all the good memories.

Celebration and Commemoration of the  
Life of  
**Brian Earl Penton**  
26th September 1955—4th July 2021  
Passed away peacefully at home in  
Wang Wauk  
Aged 65 years  
Husband of Joanne, father of Jessica and  
Jennefer, grandfather of Brianna and  
Samuel


Don't take your organs to heaven. Heaven knows, we need them here.

### Wearing masks – plenty available at the market.

Yep, I'm sure we'll still be wearing masks at the August market. **Sharon Sowter**, from K & S Designs & Creations, has a wide range of beautiful hand-made masks available this Saturday. Environmentally friendly, washable & thought-fully designed. A range of fun & stylish designs means a mask for every occasion!



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- \*coffee
- \*plants
- \*Garden art
- \*chooks
- \*dog treats
- \*beer
- \*seedlings
- \*jewelry
- \*Sourdough bread
- \*market BBQ
- \*yummy food to take-away.
- \*Live music

New coordinator, Andrew Richardson.

For Stallholder applications, go to the website  
[www.nabiacfarmersmarket.com](http://www.nabiacfarmersmarket.com) and download the vendor information forms;

call: 0422 177 122.

Or Email: [nfmcommittee@gmail.com](mailto:nfmcommittee@gmail.com)


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Thank you – market committee.

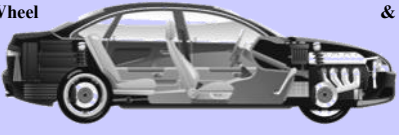
Stay healthy everyone!

By **Laura Pennington** ☺



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Incorporating the Bridge Gallery**

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New members are very welcome.  
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**Email:** mglwoodworkers@yahoo.com.au

**Web Site:** www.mglwoodworkers.com



Just a couple of photos of the interior of the Woodworker Gallery,  
showing the type of goodies that they create.

Forgot to include them in last months issue.  
Ed.

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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, 1941 - 1942 by Bob Mann

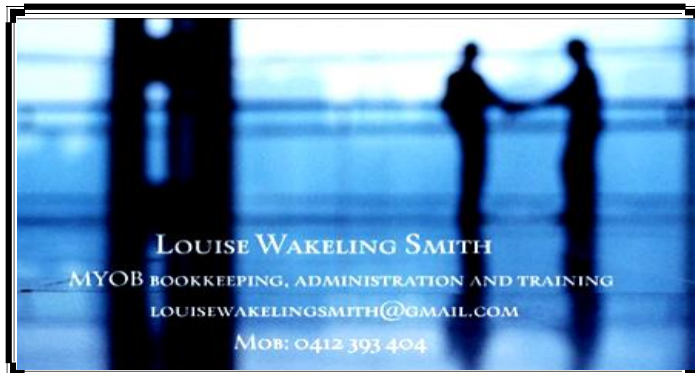
**COUNCIL MEETING - AUGUST, 1941:** At the Manning Shire Council meeting held on the 11<sup>th</sup> August, the main business connected to the Upper Wallamba District was culverts. The ones on the Cocumbark Road. The Nabiac via Dargavilles Crossing road, four culverts on the Cocumbark - Wang Wauk Road and the two culverts on the Bunyah Road via Waterloo Road. The position regarding the letting of these contracts was most unsatisfactory. The accepted tenderer, S.J. Donaldson, had made no attempt to sign the contracts. It was recommended that the contracts be re advertised.

**KARKATT W. V. S.:** The annual report of the Karkatt Women's Voluntary Service to the year 5<sup>th</sup> August showed the following articles had been made for the soldiers. 79 pairs of socks, 24 balaclava caps, 38 scarves, 15 pullovers, 22 pairs mittens, 23 pairs long socks, 6 night caps, 48 handkerchiefs, 101 washers, 10 cutlery bags, 9 carryalls, 5 pairs pyjamas, 16 toothbrushes, 18 tubes toothpaste, 19 cakes soap, 7 hussies, 27 rifle cleaners. The service also sent overseas 4 packets razor blades, 4 combs, matches and cigarettes, 28 packets PKS chewing gum, 2 tins tobacco, 3 books, 1lb chocolates and 8 packets biscuits.

**BULBY STUD - SEPTEMBER, 1941:** Mr Milligan, Principal of Messrs E.W. Milligan & Sons of Bulby Jersey Stud, informs us that Mr W. Bishop of Bryland, Queensland, won the under 3 years bull class at the Brisbane Royal Show with the N.S.W. bred 'Bulby Oxford Gamboge' bred by Mr E.W. Milligan & Sons. Mr Milligan is proud of the bull's achievement.

**NABIAC - OCTOBER 1941 - Truck In River:** On Saturday last a truck belonging to Mr T.P. Holden of Nabiac ran backwards on the Cundle ferry and plunged into the Manning River. Manning River Motors N.R.M.A. breakdown truck succeeded in extricating the submerged truck from the river.

**TERRIFIC STORM AT NABIAC. DAMAGE BY HAIL:** A particularly severe hailstorm struck Nabiac about 1:15pm on Thursday afternoon. All the



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windows at the residence of Mr Paff's garage were broken as well as all the glass in seven bowsters. At Walden's Hotel two iron tanks were riddled as if from rifle shooting. The bedroom windows upstairs were also broken and the rooms flooded. Windows at the Bank of NSW residence and Hancock's and Weller's were also broken, in fact windows were broken everywhere. Mr Buderus had completed some painting at the Bank of NSW and the hail chipped the new paint off as though it had been scraped. Mr Jansen had a car hood cut and ruined. Our informant states that the hail was the largest he has seen, it being larger than bantam eggs and jagged. The storm that passed over the valley of the Wallamba shortly before 2pm on Thursday was visible from Taree but not a sprinkle fell in the area, it appeared to proceed at great speed towards the sea, however about 4pm the valley of the Manning or part of it had a storm visitation and at Taree there was considerable thunder and lightning and about 80 points of rain was recorded. At Coopernook and the Upper Lansdowne practically no rain fell. There was hail at Darawank on the Wallamba but none at Tuncurry. It is reported that the storm was very heavy at Krumbach and district.

**BUNYAH BRIDGE:** At last weeks meeting of the Stroud Shire Council word was received that the Department could not make a further grant towards the cost of the construction of the Bunyah Bridge.

**KRAMBACH SPORTS AND RACES.** A very successful day's sports was held on the Krumbach race course last Saturday, August 13<sup>th</sup>, 1942. In addition to many bridle races the programme comprised flag races, bending races, brush hurdles, high jumps. One of the outstanding events on the day's programme was the Old Briffers Cup for jockeys over 40 years of age. The winner, Mr J. Carney's 'Aussie' was capably handled by Mr W. Young of Burrell Creek and won by 7 lengths. The horse that got second place was ridden by Mr Jack Berriman of Krumbach. There were sufficient horses on the course to race from 10. O'clock in the morning until dark. In addition to keeping the ring events in full swing. Henry Tattersal of Wingham rode to winners. It was estimated that the gate money, with all other sources of revenue included, would total well on £200

**Drogher Burnt:** A fire occurred on the Drogher "Victory" about Wednesday of last week (7<sup>th</sup> April) by which it was destroyed at Bullock Wharf, Nabiac. The drogher was a well known craft of the Wallamba River for about 40 years. The drogher had been owned by the Smith family for three generations. Mr C. Smith is the present owner.



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I'm excited to have just updated my website, feel free to check it out!  
 There's recipes and info on the blogs. Many of the ATF readers  
 would know that I am currently overseas in the USA and am available  
 to chat on facetime. I would love to hear from you.  
 With the world in the midst of the 4<sup>th</sup> wave of covid, it seemed timely  
 to share this info on how Nitric Oxide foods can boost good health.  
 The message is to eat well and be well. Read on...

### An apple a day...

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Nitric oxide is a molecule, which your body  
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 proves circulation.

NO is often known for its role in heart  
 health, but it also supports healthy lung  
 function.

Nitric oxide allows blood, oxygen, and  
 nutrients to effectively flow through the  
 body.

#### How to increase nitric oxide in the body

##### 1. Increase foods which will help boost Nitric Oxide levels.



- ♦ lettuce, micro-greens, cress
- ♦ beetroot, beet greens
- ♦ spinach, swiss chard
- ♦ apple
- ♦ arugula/rocket/rockette
- ♦ garlic
- ♦ cabbage, kale, bok-choy

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2. Ensure intake of antioxidant foods, which help break down the  
 Nitric Oxide enabling the body to use it.



- ♦ blueberries, goji berries, raspberries
- ♦ kale, beets, carrots
- ♦ avocado, almonds, sunflower seeds
- ♦ olive oil, (consume cold)
- ♦ salmon

3. CoQ10 foods will help the body store the Nitric oxide in the  
 body. There is Coenzyme Q10 in many foods, including: organ meats,  
 fatty fish, carrots, spinach, broccoli, oranges, strawberries, legumes,  
 and nuts

##### 4. Vitamin C. The body needs vitamin C to make Nitric Oxide

- ♦ Oranges, strawberries, kiwi, mango, blueberries
- ♦ Raw capsicum, tomatoes, raw greens.

4. Exercise - to get the blood flowing. This helps oxygenate the body  
 - for better functioning.

5. Supplements are available. However, Nitric Oxide and anti-  
 oxidants are found in a wide variety of foods, so supplements are  
 unlikely to be necessary and may be damaging.

6. Limit use of mouth-wash - It depletes the bioavailability of NO in  
 the body. Use only natural ones.

A few drops of Lemon-balm oil in water is good for mouth hygiene.

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**Laura.**



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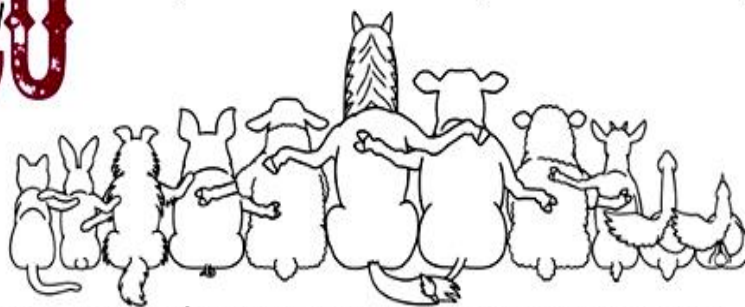
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## REAL KULTCHA

Well, here we are, it's early August and we're still looking fine hereabouts COVID wise. I've written that quite hopefully because I'm actually writing this in late July. Mind you that ding-a-ling they caught asleep in his car just south of Forster was an eye-opener. He was from somewhere in Sydney and should still have been there! What was he doing up here? He was bored and went for a drive. Yep, some mothers do have 'em, they move amongst us and it's a fair bet they also breed! No wonder Our Glad is tearing her hair out! Which part of **STAY - SIT** do these idiots have trouble understanding?

What's been happening in the wonderful world of sport? Well, first off I should tie up a couple of loose ends regarding how *The Cockroaches* went – or to be truthful, didn't go. All was fine at my end: the big screen TV was working, the esky and popcorn were FETHed, the headphones had new batteries and the heater was on. Cue *The Cockroaches*. I did say several months ago that when their backs are to the wall *The Canetoads* grow another leg and that happened again. It was a good game, we lifted the trophy but it should have been three zip. Next year. Next year.

And now because of two or three blokes who were moving some furniture from somewhere to somewhere else (and that included going to Adelaide), COVID 19 is off and running again. One news report said the blokes knew they were infected but still went. I can't believe that but the result now seems to be we're all in lockdown again and the two major football codes have decamped to I don't know where! Mind you, I really don't need to know where they are because that's not my area of responsibility. That's what V'landys and McLachlan are paid their huge salaries for. Me, I just have to sit in front of the TV and watch - unless of course, Collingwood is playing and then I do something more interesting, like floss the cat or polish the down pipes.

The big news of course, is the Tokyo Olympics have started – a year late, under huge threats from COVID, with the locals apparently dead against them even occurring and (at the time of writing) one of our team has been busted for taking drugs! He was an equestrian, hadn't left for Japan yet when he was busted but he allegedly commented it was just some smack he took socially. And that makes it all right does it, you ding-bat? Yep, some mothers do have 'em!

At the time of writing we've played the Japanese girls in softball and had our butts handed to us on a platter with the mercy rule bringing

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the game to an early end! Hopefully we can play better than that as we go forward. If the Japanese ladies are that good all I can say is watch out for South Korea and especially Taiwan? We also played the New Zealand ladies in soccer and beat them so fingers crossed.

I've noticed this year the media has toned down it's jingoistic rhetoric somewhat and aren't blathering on about and actually counting the number of medals they say we're going to win. It's taken them a while to realise that what they're saying doesn't actually mean it will happen and all it does is put unwanted pressure on the athletes. Mind you, I saw a press interview with heavies from the US swim team and one lady dribbled out loud that they wouldn't be surprised (or words to that effect) if they won all the medals available! That's the way we used to sound and it was **MEGA UGLY**. Now it will be interesting to see how the swimming turns out.

Of course, The Oz team has had some withdrawals! It goes without saying Nick Kyrgios was first on that list. He won't go to Tokyo because there wouldn't be any crowds. He says he doesn't play his best without a crowd to play to, so he's not going. Another is female basketballer Liz Cambage. She's pulled out because of the pressure and the fact she'd have to live in a COVID bubble without her own support team. She told reporters she's ".... been having breakdowns in the car park, like non-stop panic attacks (and) hyperventilating ....". Another to pull out is men's basketballer Ben Simmons. He had a terrible conclusion to his NBA season and has decided to focus on his skills rather than go to Tokyo.

One who is already there of course, is Ash Barty, fresh from her Wimbledon win. You'd have to think her chances of at least medalling are good. It could depend I suppose, on who does actually turn up.

*The Galahs* are over in the West Indies at the moment and while I haven't been paying a lot of attention I seem to have heard they got smashed 4-1 in a Twenty20 tournament but they're one up in the ODI series. I think there are some Tests to follow.

Noticed also that at the Tokyo Olympics, at all the medal presentations, the medals will be presented to the athletes on a tray and they'll pick them up and put them around their own necks. Yep, that's another COVID solution for these games.

Talk at you next month,

*The Hillside Critic*

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## FIGHT FOR MORE LANES ACROSS THE WATER GAINS



### MOMENTUM

The fight to gain more lanes between Forster and Tuncurry has gained momentum, with the petition now exceeding its halfway point in under three months.

In April, Member for Myall Lakes, Stephen Bromhead called upon the community who live in or visit the Forster-Tuncurry region to sign the petition.

"It's extremely encouraging to see that more than 5,000 people have put pen to paper and signed their name to the cause" Mr Bromhead said.

"This showcases the immense public support for extra lanes between the twin-towns, but the fight isn't over yet. We need a further 5,000 signatures to reach our goal of 10,000 signatures which will allow us to debate this on the floor of Parliament and bring this issue to the forefront of the NSW Government."

"In April, a tragic fatal accident closed the bridge causing a huge issue for emergency services and those looking to get across the water. It exposed how vulnerable we are without an alternative route nearby" Mr Bromhead said.

At present, Bulahdelah offers another route, but adds a further 90-minutes to a journey to get from Tuncurry to Forster or vice-versa.

"We've already seen the success of a petition like this with the Forster Public Hospital, so I'm again calling on everyone who lives in or visits Forster Tuncurry, and who hasn't already, to sign this petition and help me in the fight for a further two lanes connecting our picturesque twin-towns."

The petition is available to sign in the Tuncurry office, at various businesses and here: <https://stephenbromhead.com.au/wp-content/uploads/2021/04/Petition-Second-River-Crossing-Forster-Tuncurry-2021.pdf> (note if you print the petition, we require the original hard



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During his physical examination, a doctor asked a retired man about his physical activity level.

The man said he spent 3 days a week, every week, in the outdoors. "Well, yesterday afternoon was typical; I waded along the edge of a lake. I pushed my way through 200 metres of brambles. I got sand in my shoes and my eyes. I barely avoided stepping on a snake. I climbed several rocky hills.

I went to the bathroom behind some big trees.

The mental stress of it all left me shattered. At the end of it all I drank a scotch and three glasses of wine."

Amazed by the story, the doctor said, "You must be one hell of an outdoor man."

"No," the man replied, "I'm just a really, really ordinary golfer."

### The End is Near

Sean is the vicar of a Protestant parish in Dublin and Patrick is the priest at the Roman Catholic Church across the road.

One day they are seen together, erecting a sign which says:

**"THE END IS NEAR.**

**TURN YOURSELF AROUND NOW**

**BEFORE IT IS TOO LATE."**

As a car speeds past them, the driver leans out his window and yells,

"Leave people alone, you religious nutters. We don't need your lectures."

From around the next curve they hear screeching tyres and a big splash.

Shaking his head, Father Patrick says "Dat's da terd one dis morning'."

"Yaa," Sean agrees, then adds, "Do ya tink maybe da sign should just say ....

**"Bridge closed?"**

Last night my wife asked me if I had seen the dog bowl.  
 I said, "I didn't know he could."

March 2021—Pretty much the same as March 2020, but now we have toilet paper!

*Felt uncomfortable driving into the cemetery  
 The GPS blurted out "you have reached your final destination."*

You know you're old when you go to bed at the time you used to go out

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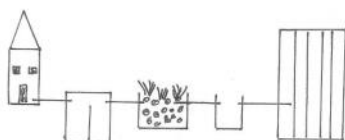
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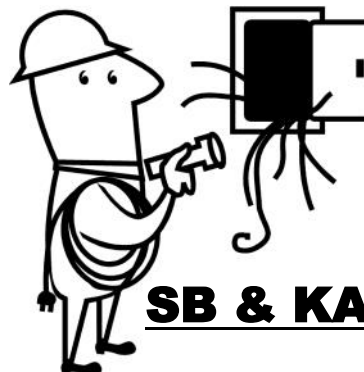
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**FORSTER PUBLIC HOSPITAL – LET'S SET THE RECORD STRAIGHT**

Member for Myall Lakes Stephen Bromhead has today spoken out to set the record straight about plans for a public hospital in Forster-Tuncurry.

This comes after misinformation being circulated in the community, stating that there was no mention of a public hospital in Forster within the recent clinical services plan.

Mr Bromhead has said "since the first commitment for a public hospital in Forster-Tuncurry was made on 15<sup>th</sup> February 2019 (in a media release from Minister Hazzard's office) every time progression for the hospital has been promised, it has been delivered.

"The clinical services plan provides an overall analysis of the needs for our region, not just for one medical facility in our region." Mr Bromhead said.

"In August 2019 I received a letter from Hunter New England Local Health District's Chief Executive, Michael DiRienzo stating: *'comprehensive clinical services planning is now required to determine what additional acute services are now required in the whole Manning and Myall Lakes region, including in Forster-Tuncurry.'*

"Further to this, I received a letter from The Hon. Brad Hazzard MP, dated 20<sup>th</sup> August 2019 stating: *'planning for a hospital at Forster-Tuncurry will be included as part of clinical service planning for the entire Lower Mid North Coast [Health District].'*

Mr Bromhead said "The recently completed clinical services plan was an assessment of the entire region, including Manning Base Hospital in addition to needs elsewhere in the district, not least a public hospital in Forster-Tuncurry.

"Correspondence dated 12<sup>th</sup> February 2021 from Hunter New England Health states in relation to Forster-Tuncurry: *'The procurement of the consultant required to undertake the options analysis for land purchase etc. is being managed by Health Infrastructure and this will go out for tender in February with engagement by March.'*

"It was announced in February 2021 that a consultant would be appointed to assess and make recommendations to the NSW Government on the various location options for the facility.

"This appointment was made in April this year after more than 10,000 people helped me in the fight for a hospital this side of the highway by signing the petition.

"I, like you look forward to the recommendations and a decision as to which of the options the government will proceed with.

"Don't be misled – I am focusing my effort in getting a public hospital in Forster-Tuncurry but building a hospital cannot be done overnight. With each planning stage, we are a step closer" Mr Bromhead said.

## Election postponed

NSW Local Government elections have been postponed by a further three months, in response to the current COVID-19 situation.

The election will now take place on Saturday 4th December.

Announcing the new date, Local Government Minister Shelley Hancock said the decision to postpone the election for a second time had been made to ensure the safety and wellbeing of the state's communities, voters, polling staff and candidates.

Nominations for candidates to contest the poll will now open on Monday 25th October. The electoral roll, including the non-residential roll, will also remain open until this date.

Councillors elected in December 2021 will serve a reduced term of two years and eight months, with subsequent elections expected to remain on schedule. This means the next election will proceed as planned in September, 2024.

For further information, visit the NSW Electoral Commission at [www.elections.nsw.gov.au](http://www.elections.nsw.gov.au) or phone 1300 135 736.



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## Good Medicine

### We're Safe

How are things going with you at present? Perhaps life's working out and everything is smooth sailing ... or is it hard to see the wood for the trees? We all go through troubles and difficulties at times. We can spend a lot of time in worry and stress ... especially if watching the news ... but God says don't worry about tomorrow for each day has it's own troubles, *Matthew 6:34*. Sounds like good advice, focus on positive thoughts such as ... I'm glad I live in the country and not the city just now. Other suggestions include walking or running for exercise, aromatherapy with scents such as lavender and vanilla, getting more omega 3's like fish oil and watching something funny on TV.

Have you heard a poem called Footprints in the Sand? A man has a dream that he was walking along the beach with the Lord and scenes from his life flashed before him. He noticed two sets of footprints ... his and the Lord's. But at sad and low times in his life when he needed God the most, there was only one set. When he asked God why He would leave him at these times God answered:

My son, my precious child,  
I love you and would never leave you.  
During your times of trial and suffering,  
when you see only one set of footprints,  
It was then that I carried you.

... this extends 'even to our old age' (*Isaiah 46:4*). Great thought!

Worry can be similar to holding a large glass of water ... the longer we hold it the heavier it gets and the more weighed down we feel. Eventually our hand gets tired and we have to put it down.

The Bible talks about God's care for us -

Do not worry about anything ... and God will give you the peace that

passes understanding, *Philippians 4:6*

God is our refuge in whom we will trust, *Psalms 91:2*.

Your heavenly father feeds the birds ... are you not of more value than they, *Matthew 6:26*

Fort Knox in the USA stores among other things, 5,000 tons of gold bullion. This is protected by equipment such as alarms, minefields, barbed wire, electric fences, armed guards and a 22 ton door, not to mention video cameras and unmarked Apache helicopters ... thus it's considered 'one of the safest places on earth'. As safe as Fort Knox is, there's another place that's safer, and it's filled with something more precious than gold: Heaven holds our gift of eternal life ... which is continually kept safe because God is guarding our souls and we're secure.

With God behind you and His arms beneath you, you can face what ever lies ahead of you.

*\*Quotes from ourdailybread.org*

*The Counsellor*

### 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 - Nabitac	6554 1211
Fire Permits	1300 643 262

## News From The News

### Nabitac 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 Nabitac Community Church please contact Margaret Weller (6554 1212), Jill Hammond (6555 7747)

### St Bernadette's Catholic Church, Krambach

**August** Mass times are Saturday 7<sup>th</sup> at 6:00pm - Saturday 14<sup>th</sup> at 6:00pm - Saturday 28<sup>th</sup> at 6:00pm (contact Helen Legg on 6559 1211)

**September** Mass Saturday 4<sup>th</sup> 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, Nabitac

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, Nabitac

**August** Mass - Saturday 21<sup>st</sup> at 6:00pm

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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hope everyone is staying safe and well. The saying for the month of august is simple and relevant to the world today. Be careful everyone.

"Be thankful for nights that turned into mornings, friends that turned into family, and dreams that turned into reality."

Belinda ☺

\*\*\*\*\*  
\* **Need to advertise something for sale or wanted to buy or a**  
\* **freebie?**

\* An announcement of a birth, birthday, passing?  
\* Some personal message?

\* Do it on the back page to get full attention  
\*\*\*\*\*

Do you need a *Justice of the Peace?*

Then contact

Stuart Weller on 6554 1904 (Nabiac)

Jackie Buckingham, Buckinghams Real Estate, Nabiac on 6554 1107  
Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

Julie Arnoux, 2 Cowper Street, Nabiac on 0434 253 266

Helene Murphy, on 0412 778 494

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

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Ancona trio..(1 Rooster & 2 Hens)...\$110

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for more details — Coolonglook area



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