

and it's FREE, too!

ACROSS THE FENCE

IF FOX NEWS WERE
AROUND IN THE FIFTIES, WE'D
STILL BE FIGHTING POLIO.



Nothing much changes in life, but
we always manage to pull through.
Let's be happy and thankful we live
in our little bit of paradise

DAYLIGHT SAVINGS TIME

Started on Sunday 3rd at 2am

Have you remembered to put your
clocks forward an hour??

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



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Editorial.

Hi all,

I have just had a squiz at last year's October editorial and I could just about copy it into this year's.

The Spring weather can't make up its mind whether to be hot or cold, consequently it has given me a head cold with my continually layering up then taking off clothes to adjust to the temperature.

The little bit of rain that has so far fallen on our paddocks has made them a brilliant green; what is in rain water that isn't in tap water?

The paddocks are all looking fabulous, especially two on Wallanbah road that must have been fertilized and re-sown recently.

Need a lot more as my gum trees are all shedding and looking very sad.

We are supposedly 'free' to meet again in small numbers and the shops are allowed to open again, hopefully early enough to save their owners from going under. Wearing masks seems to have become a fashion as there are a lot of fancy ones seen about. Although they are awful to try to breathe through, especially if you have breathing problems to start with, hopefully they are keeping us all safe from this deadly strain of the virus.

Last year was a doddle to live through compared to this year. We have virtually lost the last two years and I have noticed that we have all developed the "distance greeting" that is now mandatory. It will be great when we can eventually give our families and friends an old fashioned hug again.

Very little to report as a lot of the associations are still not meeting. The CWA has no report this month and Shaz has decided not to do an article for a while as she is very occupied.

We bid adieu to Jacqui Buckingham. After 20 years she has sold up and is moving south to be closer to kids and grandkids. Hope all goes well for her and her husband in their new life.

Local photographer, Diane Willey, has produced another calendar based on local old buildings and has also done some lovely drink coasters with various local themes. Pictures of them on page 12.

Louise Collins has done an article on the Camperdown Children's Hospital Fun Run that was part of the local events from 1989 to 2002. See if you can recognise some of the people in the photos.

Keep an eye on your furry family as ticks are about again. Perfect weather for them.

'til next month

Lyn, Tilley Cat & Timidthy



WHAT'S HAPPENING IN OCTOBER, 2021

Markets & Events.

• Bulahdelah	(1st Sat)	2 nd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 rd	8am to 12 noon
• John's River Country	(2nd Sat)	9 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	9 th	
• Myall Quays	(3rd Sat)	16 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 th	8am to 12 noon
• Krambach	(3rd Sun)	17 th	8am to 1pm
• NABIAC	(Last Sat)	30 th	8am to 12 noon
• Old Bar	(Last Sun)	31 st	7am to 1pm
• Pacific Palms	(Last Sun)	31 st	9am to 1pm
• Forster Town	(2nd Sun)	10 th	8am to 2pm
• Halliday's Point	(1st Sun)	3 rd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 rd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 rd	8am to 1pm
• Burrell Creek	(2nd Sun)	10 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	16 th	
• Taree Rotary Book Fair	(3rd Sat)	16 th	7.30am to 12.30pm

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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Nabiac Pharmacy News

Hello to all in the community.

It has been a great privilege to be involved with the vaccination rollout. We have now safely provided over 500 doses to people for the Covid preventative treatment. If you are unsure about getting a vaccination for Covid or if you have any questions, feel free to ask us so we can direct you in the best way.

Hay fever season is also upon us and appears to be particularly severe this year with many plants flowering early. To treat hay fever the best approach usually is to take once a day hay fever tablets but in worse cases it is also advisable to use nasal sprays and/or eye drops as well. The exact type of treatment varies from person to person and from time to time so again, please speak to us so we can get the best results for you.

Tim



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: 3rd Sunday of the month. 17th October.

HALL BOOKINGS:

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

KRAMBACH MARKETS are Open Again

Welcome Back

Krambach Markets return on Sunday 17th October 2021 (3rd Sunday in the month)

They are open from 8.30 am to 1.00 pm - We look forward to seeing all our friends again

Hope to see you there. (Please wear masks)

(If cancelled because of Covid 19 we will advise via Facebook, Nabiac News and Chat and Krambach News

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

Workshop and Gallery open every Saturday from
9:00am to 2:00pm

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If you like "messing about" with wood, please visit us or contact us as follows:



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TAREE BLOOD DONOR CENTRE

Your guide to giving blood

So the blood donor centre at Taree needs new donors. You know it's important. You know one in three of us will need blood or blood products in our lifetime but what can you expect when you go to donate? You can find lots of great information at www.lifeblood.com.au but here are some of the basics.

Before your donation, make sure you are really well hydrated. The day before your donation, drink lots of water – that's 10 glasses for men and eight for women. You also need three big glasses three hours before your appointment. Have something savoury to eat and avoid strenuous exercise. Remember to take some ID with you to the donor centre and a list of your medications.

At the donor centre you're in good hands. The staff are super friendly and the team have worked together for many years. They know you may be a bit nervous but they'll look after you. Once they have checked your ID, you'll complete a questionnaire and be interviewed by one of the staff. You might think it seems like lots of questions but it's really important to keep you and blood recipients safe. They'll check your haemoglobin and if all is good the next stop is the couch.

Sit back, relax, this time is your own. No kids, no work, no rush. And in no time, your donation is done. If you donate blood it will take about 15 minutes in the couch but for plasma its longer – more you time.

It's important that you wait 15 minutes after your donation - welcome to some of the best snacks in town. Milk shake? Sausage roll? Sweet treat? There are lots of options and you're welcome to try them all.

Now you're a super hero, you just saved up to three lives. It's important that you look after yourself because they want to see you at the donor centre again. Don't overdo it for the next couple of days, stay hydrated, eat well and rest when you can.

The donor centre at Taree needs new donors, make an appointment today.

Gilly Paxton

For more information email - GPaxton@redcrossblood.org.au

**Taree
needs new
blood donors
this October**

Taree Blood Donor Centre
1/6 Macquarie Street



TAREE

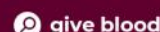
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Between the Pages

Nabiac Library News



Hello to all our valued members, friends and visitors to Nabiac Library.

This last month or so has presented us all with some very confusing rules and changes to our ways of operating and to our lifestyles, due to the ongoing Covid19 - Delta crises. Australia has been in and out of lockdowns or stay at home orders for it seems like years (2019-2021), but more particularly in the last few months. It is pleasing to see that in our beautiful village of Nabiac, people are complying with the regulations. It is great to see people taking time to exercise on our walkways and pathways, in our playgrounds and enjoying our open spaces, such as the Showground - which is where our inviting Nabiac Library can be found! We must also give a huge thank you to all our local businesses that were able to remain open and continue to meet our needs during this time, thus saving us from having to travel far. We are so lucky to have such a range of services and outlets in our village and lovely, friendly staff that are more than happy to help! We love Nabiac!

We, at Nabiac Library, are also happy to be back in operation once again. We just ask that you do wear a mask, hand sanitise and use the Service NSW QR Code to check in to our Library upon entry. If you can't use the QR Code Scan, we can do that for you at the Service desk.

WHAT TO READ TO INSPIRE US?

In these uncertain times, maybe we could delve back into the classics to find some way out of here. The book "Pollyanna" immediately comes to mind. The classic book "Pollyanna" was written by Eleanor H. Porter in the early 1930's. This book was read by many children across the world for years to come, as it inspired great hope. However, it also had a much greater impact, as it inspired the Pollyanna attitude to life which is to continue bringing hope and happiness, despite all adversity. Pollyanna believed there was a gladness to be found in everything; you just had to look for it. The hardest part was finding the gladness, especially in troubling moments. Pollyanna managed to inspire a whole village with her 'gladness'. This could be a lesson for us all.

If you would like to be inspired by Pollyanna, check out our Library catalogue and read the book or watch the movie with your family!



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You too may find the rainbows in life.

CHRISTMAS IS COMING SOON

Can you believe it? We are only three months away from Christmas! It may be time to start creating Christmas decorations and gifts to decorate your home or to give to friends and family. It is always better to use hand-made gifts and decorations. They are environmentally friendly and use your creative input and provide a personal touch. Maybe you would like to also start creating your Christmas menu.

Nabiac Library has plenty of books and magazines to inspire you to do this; in our Crafts and Cooking sections, and on our magazine shelves. Just come in and explore our shelves, or ask our friendly staff to guide you. If you can't find what you are seeking at Nabiac Library we can reserve it for you and have it available for your pickup at Nabiac Library within a short period of time.

TECH SAVVY SENIORS workshops at Nabiac Library on Monday 11th October.

9am - 12 Introduction to Smart Phones

12.30 - 2.30 Introduction to Social Media

UPCOMING CLOSURES

Labour Day - All our libraries will be closed Monday 4th October.

Normal Saturday opening hours will apply to MidCoast Libraries for the Long Weekend.

All branches will be closed Monday 4th October

UNION PICNIC DAY FRIDAY 15TH OCTOBER

Council Services, including our Libraries, will be closed for the Union Picnic Day Friday 15th October. Regular opening and operating hours will resume Saturday 16th October.

Except for the above dates Nabiac Library's opening hours are:

Monday 3-5pm,

Tuesday 3-5pm

Thursday 9-11am

Saturday 10-12 noon.

Look forward to seeing you there!

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Nabiac Village Futures Group News

Our Committee hasn't met for a couple of months. We're hoping we can return to normal monthly meetings in next few months.



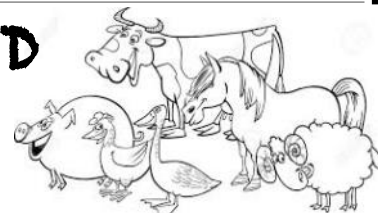
Town Creek News — Council have contacted us in the last month to say that the tender for the planned works was being finalized.

"The Hospital at Nabiac" was written by Laura Sykes to assist in maintenance costs of the Neighbourhood Centre. The price of a copy of this local history book has been dropped to \$10. Call in to the Op Shop and snap up one or two. They make a great gift. Many older residents and family members have memories of the old hospital and would enjoy a read.

Louise Collins, Secretary NVFG

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MINIMBAH MATTERS

Minimbah Rural Fire Brigade would like to remind everyone that we are currently in the Bush Fire Danger Period and you need to obtain a free Fire Permit from the NSW Rural Fire Service before carrying out any burning at present.



	To find out the name and contact details of your nearest Permit Issuing Officer, please call the NSW RFS Mid Coast Fire Control Centre on 1300 643 262.
	A minimum of 24 hours' notice of your intention to light up must be given to your neighbours and your local fire authority. Once you have your Fire Permit, on-line notification can be made at www.rfs.nsw.gov.au/notify .
	You will still need to keep your eyes and ears open for current and predicted weather conditions because Fire Permits are suspended on days with an anticipated Fire Danger Rating of Very High or above.

Remember the Ember!!

You only need to light up a tiny pile of leaves and twigs while the slightest breeze is around, and you will see the embers start to rise and fly away. Imagine what can happen in a serious bush fire. An ember may be as small as a burning leaf, or as large as a sheet of bark or a small tree branch, which would quite easily break a window.

An ember attack in a bush fire can be intense, even if you live many kilometres from a bush fire area. Burning embers may be blown from the bush, landing on your property and starting spot fires or setting fire to your home.

Embers may land for many hours even after the main fire front has passed.

90% of homes lost in bush fires are due to embers.

Eliminate	Branches that over-hang your home and creepers that are headed for your eaves.
Mow	Your lawn and keep it short and free from dry leaf litter, dead palm fronds, pine cones, Banksia flowers and the like.
Buy	Hoses that stretch around your home and metal fittings.
Expel	Combustible material like wood for heaters, wooden furniture and flammable mats from near the home.
Remove	Material that can explode, such as gas bottles, containers of fuel and paint.

28th September, 1941. On this day Our Brigade President was born.

He has worn many hats and done some wonderful things in the 80 years since that date, but unfortunately due to the current pandemic circumstances, there was no big party held and his family weren't able to visit him. Happy belated Birthday Kerry.

While he has scaled down his fire-fighting activity recently, Kerry is still a very active Member of our Brigade. He is not the oldest Member we have, and we are very mindful of the need for a Brigade succession plan. Old age and treachery may often outdo youth and enthusiasm, but on a fire ground the youth and enthusiasm comes in ever so handy.

Do you by any chance have youth and enthusiasm (or youth OR enthusiasm) on your side, and a willingness to contribute to your community in some of your spare time? You would look great in RFS yellow.

If you are interested in joining Minimbah Brigade, and know someone who is a Member, please speak to them, otherwise email our Secretary on minimbahrfb@hotmail.com. We normally meet on the second Saturday and fourth Wednesday of each month, but "normal" is not normal at present. We have to abide by Covid rules which means no non-essential activities are permitted. It won't always be like that though.

Luckily there have not been very many local fires in the past couple of weeks because our truck has been in the workshop for its regular scheduled maintenance check and service. A couple of parts were required so we were without a truck for longer than normal (there's that word again), but hopefully we are back in business by the time you read this

Please be very careful with your fires ...
Safe Burning is Your Responsibility.

Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday
9am to 12noon

(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

37 Nabiac St, Nabiac

6554 1876



News from Nabiac Second Chance Op Shop

Open Monday to Saturday 9.00am to 12.00pm

Closed the first Wednesday of each month.

Closed Monday 4th October 2021 due to Public Holiday.

It's great to be out of lockdown. Hope everyone is enjoying the freedom.

The Op Shop re opened on Monday 20th September, 2021 which was very successful.

It was great to see all our lovely customers return to the Op Shop.

Please wear your mask and scan our QR code. Children over 12years are required to wear a mask.

DONATIONS:

The Op Shop is now accepting your donations. Thankyou to those who held onto their donations until we re-opened. It was very much appreciated.

A friendly reminder we are **unable** to accept and sell toys, bikes or helmets, no baby furniture and electrical or mechanical.

Thankyou for your co-operation and understanding.

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Before school care: 7am-9am

After school care: 3pm-5.30pm

Vacation Care: 7am-5.30pm

All our wonderful volunteers have been busy restocking our summer collection of clothing including a great range of swimwear. We are still stocking Winter clothing.

SHED:

Let's not forget all the great items for sale in the shed as well.

Our library is full of books, CD's and DVD's as well.

So come on in and check out what we have in the OP Shop and Shed.

Looking forward to seeing you all. What isn't available one day could be available the next.

You just never know what treasures you will find.

Kind Regards

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



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Nabiac Landcare

The Nabiac Landcare team were happy to get back in the bush after our most recent lockdown. We did, however, come back to a few disappointing sights. Near the Farnell St entrance to Lily Pilly Bend we found garden refuse, plants and rubbish such as broken bricks and concrete. Since the introduction of the green bins, dumping has been much less of an issue. Most of the plants dumped have the potential to spread into the bush.

At Bullock Wharf damage to the tracks has continued. Holes in the heavy clay of the track tend to hold water when it rains; one of the holes created by irresponsible use of 4-wheel drives is deep enough to drown a child if heavy rain filled the hole.

On the weed front, I've noticed some small leaf privet budding up to flower and Yellow Bells (*Techoma* sp) → is blooming along the highway towards Taree. Unfortunately the fires missed some of these pests.



A new (to me) Australian online weed resource is Weeds Australia. It contains almost 400 weed profiles and an easy to use key to help you id a weed if it is in the database. In the pipeline is a photographic data base that will aid in weed identification and management. Trying to id weeds using the available taxonomic keys is a highly specialised task and Google doesn't always (often) get it 'right'. The project is under the umbrella of The Centre for Invasive Species Solutions. CISS is Australia's collaborative research, development and extension organisation formed to tackle the ongoing threat from invasive vertebrate pests, and weeds. Centre for Invasive Species Solutions - Homepage.

Nabiac Landcare normally 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.

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. And most of all enjoy the local bush!

Liz Rees
6554 3196



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Show News



We're pleased to advise that the Ladies Auxiliary is going strongly even in these challenging times and at their AGM elected a new Committee. Firstly, let me give our heartfelt community thanks to **Jean Paterson, Silvia Styles** and **Penny Britton** for their many years of dedicated service as office bearers. Their regular opening of the Kiosk on Market / Cattle Sale days and delivery of great food and service on Friday and Saturday of the Show have become stalwart features of our lives.

The volunteers new to these roles are: President – **Liz Wright**, Treasurer – **Dorelle Schneider** and Secretary – **Moya Harris**, with **Margaret Weller** continuing as Vice President.

Thanks to all the members and support volunteers of this important group. We look forward to continued enjoyment of your catering events.

Speaking of the Canteen, it is slowly rising from the dust of the old one. The blockwork is due to be finished this week and we're all looking forward to the build works being complete by the end of November.

As to the 2022 Show, the members are continuing to work on securing events, attractions, stall holders and entertainment with the aim of delivering as good a Show as we are able, given what constraints there may be upon us all then.

If you have any ideas, wish to get involved or volunteer on the day, we're more than happy to hear from you.

Sally Henderson

Secretary

Ph: 0420 397 463

E-mail: secretary_wdah@outlook.com

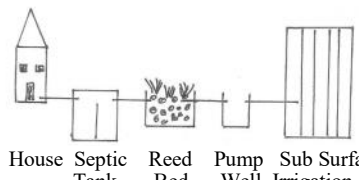
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MY CHILD IS A REALLY GOOD READER BUT HAS TROUBLE COMPREHENDING.

The teacher suggested that she could have Irlen Syndrome but how can she be such a good reader if she has Irlen?

This is one of the main things that stop some parents thinking that their child may have Irlen. BUT the child may read well, but they may be light-sensitive to the point

where the white page is discomforting for them, and while it may not affect their fluency, it can affect their comprehension, or they may

simply be reluctant to read, despite being a good reader. Other signs could be that they come home from school more fatigued than would normally be expected. These also are signs that should be investigated to make sure that they are not the result of Irlen.

The only way to determine if anyone (adult or child) has Irlen is to have them assessed by an Irlen Certified Screener or Diagnostician. There are no standardised educational or psychological tests that can identify Irlen Syndrome.

Contact Irlen Dyslexia Centre Taree on 0409 653700 for information or appointment. Visit our website for more information and self-test www.aaic.org.au

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Dr David Gillespie MP

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Our community is a great place to live, work and raise a family.

This year, our focus has been to suppress the virus and deliver the vaccine, continue to guarantee the essential services that we rely on and protect and secure Australia's interests in a challenging world.

Our Government has been taking all possible steps to protect lives and livelihoods, including unprecedented support for health care and mental health.

We are in a stronger position to recover than most countries. The next stage in our plan to secure Australia's economic recovery includes:

- **Incentives for investments, jobs, new apprenticeships, and skills training.**
- **More infrastructure - including roads, rail, bridges, dams and electricity transmission.**
- **Substantial new investments in aged care, health, mental health, and the NDIS.**

Locally I have been delivering for you, your family and local community, including:

- **\$350,000** for the Nahiack Creek Restoration Shade Sail over Playground and CBD works
- **\$30,000** for the Nahiack Showground Hall
- **\$79,000** of upgrades to the Nahiack Showground Roads and box-office
- **\$4,000** for the Nahiack Memorial Neighbourhood Centre Association
- **\$41,250** of Black Spot Funding Wallanbah Rd near Candoormakh Cres
- **\$5,000** for the Nahiack Public School

Federal funding has been secured for major projects including:

- Harrington – Coopernook Overpass
- headspace youth mental health service
- Taree Universities Campus
- Nahiack Aquifer Water Supply
- Taree Indoor Stadium – Iron Arena
- Radiotherapy Cancer Care Centre
- Manning Entertainment Centre Upgrade
- Bucketts Way Upgrade



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

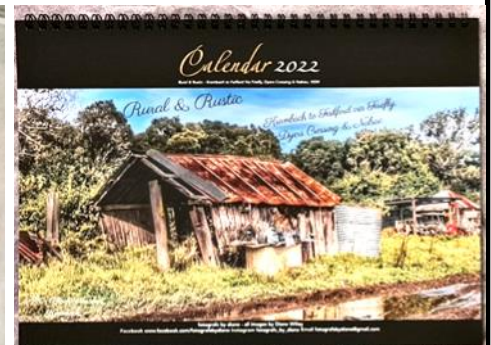
Wauchope Office

- ☎ 02 6586 4462
- 📍 Corner of High and Hastings Streets, Wauchope, NSW 2446
- ✉ david.gillespie.mp@aph.gov.au

Taree Office

- ☎ 02 6557 8910
- 📍 144 Victoria Street, Taree, NSW 2430
- 📘 DavidGillespieMP
- 📷 david_gillespie_mp
- 🐦 davegillespiemp

fotografs by diane - Rural & Rustic 2022 Calendar



Diane's 2022 Rural & Rustic calendar features her unique style of edited images showing local buildings from Krumbach, to Failford via Firefly, Dyers Crossing & Nabitac. This A4 (opening to A3 when hung), proudly printed in Australia calendar is spiral bound on superb quality thick GSM paper to ensure no curling of pages when hung. They are a great gift idea for posting overseas or interstate in time for Christmas.

Also from Diane's Rural & Rustic photographic series is a limited edition range of Ceramic with cork back coasters. There are several different combination boxed sets of 4 available, including one of the Nabitac show as well as some separates featuring local buildings/structures. Most of the sets are a "one-off combination". They are of beautiful quality and made here in Australia.

Diane will also have a stall at the November Nabitac Farmers Market where a range of her photography products will be available for purchase.



Do you have something special you'd like photographed and a memory keepsake created... A lovely coffee table book, canvas/ acrylic/glass or framed wall print, for example of your homestead, property, landscapes etc... why not have a chat with Diane about her various photography packages.

To order Calendars (or obtain a list of local stockists), Coasters or custom prints please contact Diane

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**NABIAC MOWER AND
TRACTOR REPAIRS**

The Wallamba Watershed's History — Another in a series of historical articles gleaned from the archives of the "Manning River Times, May, 1943 by Bob Mann

DYERS CROSSING: The Upper Wallamba fared well in the recent rains and to date just over 12 inches have been recorded. Some months ago it was decided by the directors of the local butter factory to build a weir across the Firefly Creek just above the bridge at Dyers Crossing in order to overcome the difficulty of water shortage for the factory during dry spells. A reinforced wall some 8 feet high was constructed and now that the rain has fallen there will be a plentiful supply of water. During the flood a portion of the creek bank immediately below the weir broke away and endangered the safety of the wall, but willing workers quickly attended to the trouble

PERSONAL ITEMS: Recently home on leave and looking very fit was Private Jack Ross, Sgt. Henry Murry and Cpl Lin Stevens.

We deeply regret to learn of the death of Mr George Stevens who had been a resident of this district for many years past and to his bereaved relatives we convey our deepest sympathy.

The township is to be congratulated on being one of those to pass the quota in the Third Library Loan and in recognition of this Mr McGuiness, proprietor of the Nabiac pictures, has most generously offered to equally divide the nett proceeds of the show to be held on Wednesday 9th June between the local W.V.S. (Women's Voluntary Service) and the Patriotic and War Fund.

UNION HOTEL AT NABIAC - DECEMBER, 1943: At the Taree Licensing Court on Monday before Mr E.A. Harvey L.M., the Licensee of the Union Hotel at Nabiac was transferred from William Frederick Waldon to William Raymond Thomas, the latter being the Licensee of the Belmore Hotel at Scone. Many friends in the Manning and Wallamba district will hear with regret that Mr Walden is about to leave them after a residence of nearly 30 years. He was a licensee who conducted his hotel in strict conformity with the Act no matter who it displeased and his premises were always noted for the highest respectability and homeliness. In his public life he was a citizen of whom any centre might be justly proud for he was conscientiousness

itself, kind hearted and generous and one who did his bit to see his district go ahead. The kind wishes of his many friends in these parts will accompany Fred Walden wherever he settles.

KRAMBACH - JANUARY, 1944: The committee organising the races at Krambach in aid of the Red Cross have been dogged by bad luck and on Saturday they had again to postpone their meeting until today Saturday. It is to be hoped that the sports of the Wallamba and their (word missing in draft)?????.....are none better than those of Krambach and the Upper Wallamba will make up for the disappointment they have experienced in the past.

DYERS CROSSING - FEBRUARY, 1944: After recent rains the countryside looks particularly fine and like many districts in the locality Dyers Crossing has had one of the best seasons for many years. The Upper Wallamba Dairy Co-Op Society has been very busy coping with the increased cream production. We read in the Farmer and Settler that Mr Kellnor of Tipperary has produced over 300 lbs of butter for the year. This is an outstanding feat in view of restricted labour and our congratulations go to Mr Kellnor.

Friends of Mr and Mrs Metcalf of Bulby sympathise with them in connection with the painful accident which befell their infant daughter a few days ago. The child was tramped on by a horse and is now in a serious condition in the M.R.D. Hospital.

The tourist traffic has passed through and many cars are turning back having missed the branch road to Krambach off the Dyers Crossing - Nabiac Road because the sign posts have not been restored. It is to be hoped that the time will come when they are replaced and it is to be hoped that time will not be too far distant.

On New Years Day many cars were held up at Nabiac being unable to cross the creek which rises rapidly after rain. The lack of a bridge at the low level crossing on the main road is a great hindrance in wet weather and it is to be hoped that with the coming of happier times the construction of one will not be long delayed.

KRAMBACH - MARCH, 1944: We are enjoying a very warm spell of late and summer is still with us. The wonderful season has its reflection in crops of all kinds, grass is in abundance and is as usual for the period of the year. As usual the ergot infestation is in record proportions. Horses and cattle look perfect and are carrying plenty of condition while fat stock are in abundance. As is usual the Patriotic socials held each Saturday are holding firmly in their popularity.

Krambach Race Club again takes shape for the current year and racing is being looked into for an early fixture here.

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- Tennis or Golfers Elbow
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Krambach Garden Lovers News

Well we are still unable to meet but the time is getting closer when we will be able to visit friends' gardens and have a cuppa.



It has been good weather for gardening but I would like a little rain.

I hope next month I will be able to tell you that we are going to see one of our member's garden

Until then - happy gardening

Judi

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

GOOCH

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NABIAC on the Last Saturday of EVERY Month
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CATTLE @ 12:00noon

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MAITLAND — CATTLE every Monday

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Nabiac Memorial Neighbourhood Centre

Hi to everyone,



Our Committee has been humming along in the background, unable to meet as a group but continuing to make decisions and work on some tasks. You may recall that last December we wrote about the Nabiac Fun Run boards that had been displayed in the Showground foyer. The main board (below) is in poor condition. Unfortunately the way in which most year's information was attached to the board has limited what we can do to save it as a display board.

We thought that the photos and information needed to be preserved as a part of Nabiac's recent history and in recognition of a successful community fundraising event of 14 years from 1989 through to 2002. Many people participated in the events and they managed to fund-raise a total of \$151,505.22.

We have enlisted the assistance of local photographer Diane Willey. Diane has taken professional quality photos of the boards and their information. The photos and the information will be uploaded to the community Facebook page 'Nabiac Community' and to the community website nabiac.com. It is possible that we could display a limited amount of the information in the Neighbourhood Centre.

Notice of Annual General Meeting

Thursday **13th October 2021** at 7 pm at the Neighbourhood Centre.

Agenda Financial Report and President's Report

Sub Committee Reports from the following sub committees

- Nabiac Second Chance Opportunity Shop;
- Nabiac Community Technology Centre;
- Nabiac Village Futures Group;
- Aub Ferris Sports Complex Redevelopment;
- Nabiac Landcare;
- Nabiac Farmers Market

Election of New Committee – President, Vice President, Treasurer, Secretary and committee members.

Appointment of Public Officer and bank signatures

Nominations are to be received by the Secretary before 7pm

Thursday 6th November.

Nomination forms are available from

[Secretary secretarynmcna@gmail.com](mailto:secretarynmcna@gmail.com)

All financial members are welcome to attend. Please note that members payment of fees due (\$2 per member) has been extended to Monday 8th October. A meeting of the new Committee will be held immediately following the AGM.

Louise Collins, Nabiac Memorial Neighbourhood Centre Inc.

secretarynmcna@gmail.com

CAMPERDOWN CHILDRENS HOSPITAL ANNUAL FUN RUN

INAUGURAL RUN 1989	1990	1991	1992	1993
				
AMOUNT RAISED \$4946.59	AMOUNT RAISED \$9459.63	AMOUNT RAISED \$10,500.00	AMOUNT RAISED \$20,000	AMOUNT RAISED \$28,264

Nabiac Charity Fund Run Inc.

FUNDS RAISED SINCE 1989 - **\$151,505.22** FOR:
"SOLAR COTTAGE" - THE NEW CAMPERDOWN HOSPITAL, WESTMEAD
"KIDZ WARD" - MANNING BASE HOSPITAL, TAREE.

YEAR	AMOUNT	TOTAL
1989	4,946.59	
1990	9,459.63	
1991	10,500.00	
1992	20,000.00	
1993	28,264.00	
1994	117,300.00	
1995	17,200.00	
1996	16,200.00	
1997	16,000.00	
1998	19,855.00	
1999	12,000.00	
2000	18,000.00	
2001	11,800.00	
2002	16,000.00	

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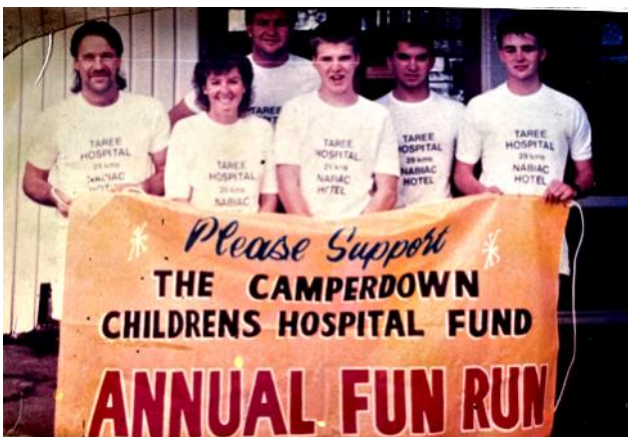
1992



Novelty runners 1989 - are you one of these lovely ladies??
(need to shave their lovely legs!)



1991



Fun Run Committee 1989



Fun Run Committee 1992

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The Habit Loop - Healthy Springtime habits & creating health goals.
Habits are at the core of change.

Would you like to become healthier, previously tried breaking habits
and it hasn't worked? Making new resolutions are great, however
equipping yourself with strategies is the key to making them happen.
It starts by breaking the habit loop. Changing the habit loop can be
challenging, but
Springtime is a perfect time to start.



Breaking the habit loop is about
identifying the cue which triggers the
habit in the first place.

Then finding ways to interrupt the loop
and replace the habit attached to that
cue.

Interrupting the habit loop is easier if
you feel excited for the change and the
reward is your motivator.

If you are doing it because you initiated
it and believe in it, then it's likely to be
more successful than if someone else

suggested the changes.

5 well-known triggers to habits

1. Time; 2. Location; 3. Event; 4. Emotional state; 5. Other people.

Identifying your triggers is the first step in changing the habit loop

Client's habit-change story:

This client was struggling to exercise during the lockdown, when
working from the home office.

She wanted to exercise in the morning but was in a habit of putting on
trackpants & Ugg boots first, then didn't want to go outside.

We came up with the plan to put away the dressing gown, trackpants
& Ugg's the night before, and lay out yoga/exercise gear in their

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place, to create a different habit.

Wearing the yoga gear triggered the response to exercise. She started
to take a short walk outside before work on weekdays. The reward is
to enjoy being energised and feel good about meeting the new goal.

Interrupting the loop – Examples:



Place healthy foods in a strategic spot, like
near the kettle to interrupt the usual food
habit which goes with the cue of putting on
the kettle.

A person has set a goal to swap the
morning cake for something else each day.
However, has habit of parking in the same
spot which requires walking past the cake
shop. The cue can be interrupted by parking
in a different location which avoids passing
the cake shop. The habit can be replaced by
passing the sushi shop instead or taking a
healthy morning tea from home.

Meeting a friend for coffee: Change the habit - walk and chat
with the coffee rather than sit.

Hanging a new habit on an existing one

Cue/Trigger for desired habit change: Stopping on the way home from
work and buying a soft drink and chips.

Add: "buying an apple" to the habit of buying the drink & chips.

The habit of stopping at the store stays the same, but the behaviour can
be changed by adding the apple, then gradually crowding-out the other
foods.

The cue could also be removed by driving a different way home or
taking a healthy snack to avoid the need to stop at the shop.

The reward is the empowerment in changing the habit & working to-
ward health goals.

Creating a new habit.

You've bought the bike but are not in the habit of using it: Pop the
bike in a location to create a visual cue for you or arrange to go riding
with a friend.

To create a longer-term habit, create other cues for using the bike and
find routine times to go riding. →

 **NABIAC PEST CONTROL**

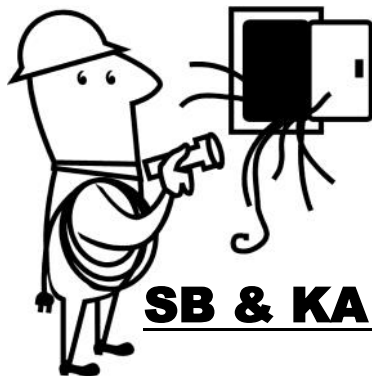
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Find what works for you

Habits are different for each of us. For some people cutting something out altogether works well. For other people, cutting things out leads to feeling deprived, resulting in bingeing.

Identify your triggers and what works best for you, by learning to understand your cues for habits you'd like to change.

Here are a few ideas for boosting your spring-time health kick. Ultimately though, you'll have to want to make changes, and will need find ways to reach your goals which work for you.

- Create goals which emphasise what you do, rather than how you look, such as: "add a new type of veg each week" or "increase the number of steps per day"
- Nourish your body to avoid feeling hungry and deprived
- Plate up meals and put left-overs away before sitting down to eat
- Place the next (healthy) food you're planning to eat where you'll see it, in advance, so you're not thinking of what to eat once hunger or boredom kick in! (I swear by this habit!)
- Take short bursts of exercise throughout the day, to boost oxygen flow and metabolism.
- Celebrate each step forward, however small.
- Only say positive things about your body and the food you eat.

****Recommended book – "The Habit Loop" by Charles Duhigg.**

Feel free to ask questions on changing habits – message me, I love to chat.

Follow "The Natural Space" on Facebook and Instagram.



Message me on FB or Instagram, or via the website to arrange a consultation.

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Stay healthy everyone 😊

Laura



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Dear friends

I am delighted to invite you to check out the newly **MidCoast Growers Network**

<http://midcoastgrowersnetwork.net.au>

Over the past few months I've been working with other local gardeners and growers to set up the network hosted by the Karuah and Great Lakes Landcare. The idea first grew out of our gardening challenges during the recent long drought and knowing we needed to share new approaches to deal with hotter summers, variable rainfall and more frequent droughts (and now lockdown). Our vision has evolved!

MidCoast Growers Network takes a community-based network approach to supporting growers, gardeners, marketers and home-steaders who live in the MidCoast Council Local Government Area. Connecting with others, and sharing information and gardening experiences can contribute to flourishing, resilient and stronger local growers' communities. This will help to promote the gardening and horticultural potential of this special region, now and into the future.

The launch edition of our website 'From the Soil Up' includes information and ideas on how you can enrich your soil through composting and mulching. The next edition will focus on water and ways to reduce water loss. We'd welcome your feedback and invite your contributions! These contributions can take the form of a blog, ideas for useful content, events you are planning and information about your town or community, or your business. Our Website Coordinator, **Ronald Woods**, will be delighted to hear from you! Email: midcoastgrowersnetwork@gmail.com. You can also follow us on **Facebook** <https://www.facebook.com/MidCoast-Growers-Network-106015478469714>

A tourist at Anne Hathaway's cottage (400 years old) was shown a table with wide boards. One side was used for eating meals and the other side for chopping food.

The expressions that came from this were associated with -

* sleeping and eating ... 'room and board'

* honesty ... cardplayers in inns told to keep their hands 'above board' to make sure they weren't cheating.

* *chairman of the board* ... the name of the father of the home who was given a special chair at the head of the table..



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REAL KULTCHA

Well sports fans, it's whip crackin' time! Well, by the time you read this it may be over but it's that time of the year when the AFL and ARL grand finals take place and you can bet there are several coaches who are doing their heads in, trying to come up with a way/any way of urging their teams on to greater things without actually flogging them with a whip! The general public (as a rule) and the governing bodies (in general) don't like to see that kind of thing happening.

I did mention several years ago I'd contacted *The Galahs* coach (that's the Australian men's cricket team, for those of you who haven't been paying attention) with the suggestion of gelding a few of the players. I hadn't tried it with any teams I'd coached but I was told it works with racehorses because it takes a stallion's mind off the mares. I'd even suggested that if he only walked through the dressing room with a bottle of metho and a couple of rusty razor blades that might be enough. Of course, if he stopped occasionally in front a player he thought was being a bit slack and then clearly showed him the implements, that would more than likely guarantee a deal more effort. I'd like to think he took my advice because the team went on to be world-beaters! Of late however, it appears the current coach has decided to use fitness and psychology and look where that's got him! He's got a bunch of nancy's, that's what he's got. They'd better lift their game coz *The Poms* are on their way and there's no way we'll forget of forgive, if *The Galahs* go down to them this time around. *The Poms* have just lost (although "lost" isn't a strong enough word for what happened) a series against the Indians so we'd better win or I'll get the metho and the rusties and cut a swathe (no pun intended) though the team AND the coach!

By the time you read this, the AFL Grand Final will have been run and won. Because of the level of COVID infections in Melbourne the match will again be played away this year in Perth. That's two years in a row and the good folk in Victoria are not liking it! I'm told that in Melbourne now-a-days if you really, really want abuse somebody, you call them a *Dan* after *Dan The Man*, the Victorian Premier! And who'll win it? Well, it's going to be two Melbourne teams but if I had to put a dollar on it (and that's a BIG bet for me) I'd back *The Demons*. Up north (yes, way up north in Queensland, because that's where all the ARL teams in the finals are staying) there are still some games to go but *The Storm* have

been well coached all year and I expect they'll take the lollies.

Now, I want you to sit quietly and think back. Several months ago I told you there was a changing of the guard in the world of tennis. I said if I were Serena Williams' coach I'd suggest (I don't think anybody tells Serena anything) that she retire with grace, have another baby, set up a tennis coaching clinic and enjoy the rest of her life (with her husband and children) without all the hassles of continuous training and travel. I said the young, fit and hungry next generation of players were knockin' on the door! I have to admit I hadn't seen just how young they'd be though and how loud they'd be knockin'! The two players in the US Women's Open Final last week were both teenagers: a British girl Emma Raducanu and a Canadian girl Leylah Annie Fernandez. Emma (who won the title) was so not confident of her passage through the Open draw, she had a seat booked on flight back to the UK somewhere around the fourth round. One assumes she had to keep ringing the airline to postpone the travel on a daily basis! What a problem to have. Meanwhile, over in the men's draw, Novak Djokovic seemed to be marching relentlessly on. He'd won three majors and the Olympic Gold Medal in Tokyo this calendar year so he was set to pull off the very rare Golden Grand Slam! Our Rod Laver was the last man to win a Grand Slam (tennis wasn't re-introduced to the Olympics until long after he'd hung up his racquet) and he did it twice in 1962 and 1969. But Novak came up against a fired up Daniil Medvedev and not only did the dream of a Golden Grand Slam dissolve in front of him but his frustration saw the demise of a couple of tennis racquets that had done nothing but deliver what Novak had requested of them.

But all is not lost, baseball is still being played in the US and *The Child Bride* has recorded a number of games. In truth she's pressed something on the remote and the machine has so far recorded 15 games! Not only that, but American football's started again. I'm set to watch sport until February next year at least!

And speaking of *The Child Bride*, she wants to travel when the bans are lifted. So she bought a map of the world, stuck it on the fridge, gave me a dart and said, "Throw it and that's where we're going!" Would you believe it, looks like we're spending two weeks behind the fridge!

Talk at you next month,

The Hillside Critic



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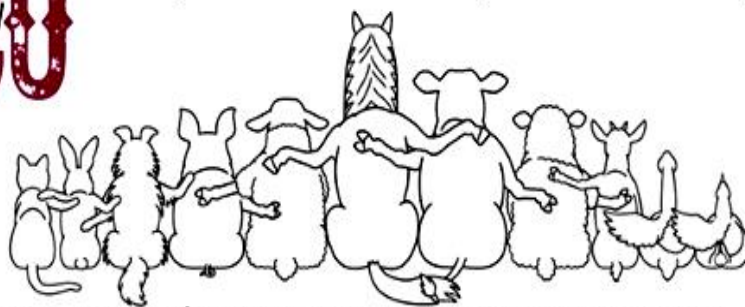
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Wrangler



THOMAS LOOK



Welcome to Debs Gardening,



Debs Gardening

One of my favourite things about my organic garden is strolling down to the vegie patch with my basket and picking the vegies for the day's meal, knowing that I just need to give them a quick rinse, because I have dam water as my water source. A job that I have to do today is to blanch and freeze my large broccoli heads that's overtaken the space in my fridge. I can boast that all the 8 broccoli heads waiting to be frozen, not one of them has any grubs, bugs or caterpillars on them.

What is my secret to not needing any sprays or chemicals to control any pest and disease in the garden, it is all put down to the holistic approach. Creating a balanced and a biodiverse system that keeps itself in balance.

Its starts with a healthy soil, lots of organic matter, cow manure, chook manure, blood and bone has been incorporated in the soil prior to planting. A healthy soil means healthy plants, a healthy plant has more chance to fight pest and disease.

Companion planting- for example when I plant my brassica family ie, broccoli, cabbage and cauliflower, I plant my onions with them as onions deter the white butterfly.

Mulching- Sugarcane, pea straw, lucerne are great mulch choice for the vegie garden because they break down and add valuable nutrients to the soil, suppress weeds and help to condition poor soil profile

Flowering plants- Planted amongst my vegetables are marigolds, na-

sturtiums, calendula and geraniums and all sorts of herbs which attract pollinators and beneficial bugs.

Water sources- Ponds and birdbaths around the garden as water is a requirement for many beneficial insects and birds it will attract a variety of other good insects. They use the water source not only for drinking but as a place for certain parts of their life cycle for example damselflies and dragon flies.

Bug hotel- Placing bee hotels of various sizes and types in a variety of locations will give some of the many solitary native bee species and predatory wasps a place to nest.

Shelter-This is a form of leaving leaf litter in place, applying a thick layer of mulch, planting a variety of groundcovers, small shrubs, trees and vines. This mimics our natural forest environments.

Having an eclectic garden ensures a variety of flowers at all times of the year. A variety of exotic and native flowering shrubs and trees all play an important role.

Gardening is a challenge and not everything you do goes to plan. I may plant a lovely rose only to discover that Wallabies love roses and that is the end of the rose bush. I may put in a display of annuals only to have an eccidna dig them up but hey I would prefer to see the wonderful wildlife than not at all. My garden is so rewarding, not only am I getting my daily exercise but I know that my family and I are eating the healthiest fruit and vegies that mother nature can provide so to me that is good for the soul.

Until next time, stay safe and remember that good things take time.

Deb



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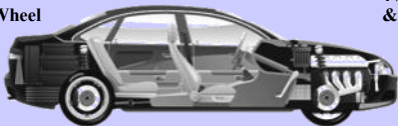
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OUR EXPERIENCE  YOUR IMAGINATION



Artists of Wallamba

Inspire ~ Create ~ Connect



Artists of Wallamba have an upcoming exhibition at **The Macleay Valley Community Art Gallery** - 5 Kinchela Street, Gladstone from **October 28th – November 7th**. *'From Behind the Mask'* is presented by artists Ariane Bell, Philippa Bird, Beate Brooks Tracy, Anne Grant, Christina Kirk, Jeri McElroy, Susie Oldfield (Bull Street Fig, at right), Coral Gabriel, Carmel Spark (left), Di Smith and Diane Willey. What a fabulous and diverse group of 2D and 3D works exploring how Covid times and lockdowns have impacted artists, family community and our future world. Well worth the drive and the chance to purchase a gift of value for self, family or friends.



Several members of Artists of Wallamba completed brilliantly coloured small pieces as **Mail Art** for **Aged Care and Palliative Care residents** during lockdown. Little cards and bookmarks - such a fabulous incentive to bring smiles to elderly people's faces in such difficult times! (at left)

Following last year's success, **Diane Willey** has just released her 2022 **Rural n' Rustic** calendar range. Featuring historic buildings of our wonderful Wallamba district, the calendar is just \$25 and can be viewed on Diane's **fotografis by diane** Facebook page. Diane has also spent lockdown time on creative projects including a photobook commission.



Manning Valley Regional Art Gallery was excited to reopen in mid-September with their biennial exhibition and Art Prize, **Naked and Nude**. This year's winner of the **\$30,000 prize** was **Loribelle Spirovski** with her painting of her husband and renowned classical pianist, Simon Tedeschi.



Many local people will know Artist of Wallamba member **Philippa Bird** and husband, **Simon Bird** from **Frog in a Sock**, seen each month at Nabiac Markets. **Frog in a Sock** will be a part of the **Australian Ceramics Open Studios** on the **13th and 14th of November**. With around 200 potters and ceramicists around the country opening their studios to the public, it will be a fantastic opportunity to see the work of a local artist. Find details of address and times here: <https://www.australianceramicscommunity.com/listing/frog-in-a-sock/> or contact Philippa via her **Frog in a Sock** Facebook page.

The Edge Gallery and Art Supplies, in Pultney Street next to Stacks the Law Firm, has been hosting an exhibition by local artist **Fred Bullen**. Owner, **Steve Losh**, is committed to promoting local artists with ongoing exhibitions, and to supplying quality art products at competitive prices. Steve will source your artistic needs!


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Hard to believe Christmas is creeping up again so keep 30th October free for **Nabiac Markets** and 31st October for **Pacific Palms Market Day and self-drive Arts Trail**. There are sure to be amazing gift ideas from local producers, artists and artisans! **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 **Lake Street Gallery** at Forster, **Forster Arts and Crafts** in Breese Parade, Forster, and our own **Nabiac Nook** and **Earth Body and Soul**.



Deborah Knoke shared the wonderful work of **Betsy Youngquist** who incorporates her lifelong passion for beads, with pearls and vintage dolls, to create the most amazing sculptures.

Contact **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 to our monthly get-togethers and workshops, and guarantee creative company, delicious food and warm hospitality whenever we meet!

Our next meeting begins at 10am on Sunday 17th October at Burrell Creek so please call for details. Beate Brooks Tracy will be leading a relaxed morning workshop on 'drawing loosely'. Come for the workshop or just to share lunch.



The Good Wife

Wife: I'm heading to the store, do you want anything?

Husband: I want a sense of meaning and purpose in my life. I seek fulfilment and completeness within my soul.. I want to connect to God and discover the spiritual side of me.

Wife: Be more specific. Beer or Vodka?



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Does your house have a Get Ready plan?

Once you have your Get Ready for bushfire plan in place this year, MidCoast Council is asking you to register online.

"We'd like to get a picture of how many MidCoast households have a Get Ready for bushfire plan in place, and which parts of the region are well prepared for bushfire this year," said Mayor David West.

If you prepared a Get Ready plan last year, it's time to pull it out, dust it off and check it's up to date. And then, visit MidCoast Get Ready page at haveyoursav.midcoast.nsw.gov.au/getready and register your plan – it takes 30 seconds.

It's easy to Get Ready – the same link has a downloadable Get Ready for bushfire plan for your household. And if you sign up for Council's News Wrap newsletter, you'll receive weekly step-by-step guides to make sure your home is well prepared this year.

There's five steps to ensuring you Get Ready, and this week the focus is on Step Two - plan now for what you will do if a bushfire threatens your home.

"Last week, we looked at Step 1, which is making sure you know the bushfire risk for your home. Identifying the surrounding risks based on where you live is important – and it only takes ten minutes. If you didn't manage to get started last week, it's easy to undertake both Step 1 and 2 this week – to make sure you're prepared for bushfires this summer," said Mayor West.

Take the next step by sitting down with everyone who lives at your place, to make the plan - so everyone knows what you will do and when you will do it - before a bushfire starts. It will take no more than 30 minutes.

"There are some decisions to make this week – what will your prompts be to leave early if a bushfire threatens, what you will take with you, and where you will go.

"Planning a safe route, and an alternative route or a safer place to shelter if things don't go to plan, could save your life this year," Mayor West said.

Deciding to stay and defend is an option **only** if your home is well prepared and you are well prepared and mentally able to cope with the demanding situation. If there's a catastrophic fire warning, it is not safe for anyone to stay and defend.

If you feel able to prepare a plan that includes an option to stay and defend, visit rfs.nsw.gov.au and complete all steps in the detailed bushfire survival plan there.

"The final job this week is to get an emergency kit together for your place. You'll find handy links with what to include in a home emergency kit on the link above.

"Put your written bushfire survival plan in your emergency kit, and make sure everyone at your place knows where the kit is kept."

You now have a bushfire survival plan for your home. There are three more simple steps to prepare for bushfires – so remember to check in next week as we get our homes ready.

You can subscribe to the News Wrap email newsletter at the link above to follow the step-by-step guide to Get Ready this year.

If you are still recovering from last year's bushfires, please visit the link above or call **7955 7777**. If reminders of the bushfires are causing issues for you, please call the Mental Health-line on **1800 011 511**.



Upgrade to NABIAC Water Treatment Plant to increase drought security

Detailed design has begun on an upgrade to the NABIAC Water Treatment Plant that will significantly increase the drought security of the Manning region.

The project will boost the plant's treatment capacity from 12 million litres per day to 18 million litres per day and ensure security measures are in place to protect against the failure of key equipment.

Council's Director of Infrastructure and Engineering Services, Rob Scott, said the upgrade would further reduce the community's reliance on the Manning River, which would be particularly beneficial the next time we faced a drought or flood.

"A big part of being resilient to climate-related shocks is having a number of independent water supply options in place," said Mr Scott.

"This project will increase our resilience significantly because we'll be able to meet the needs of everyone on the Manning scheme during Level 4 water restrictions without touching a drop from the Manning River."

The Manning scheme supplies water to homes and businesses from Crowley Head to Tarbuck Bay, accounting for around 90 per cent of MidCoast Council's water customers. Prior to the opening of the NABIAC Borefield and Water Treatment Plant in 2019, the scheme relied solely on water drawn from the Manning River.

Mr Scott said the detailed design phase of the project would ensure all the requirements of the upgrade were accounted for ahead of construction starting next year. In addition to increasing the plant's treatment capacity, the project will see several key components at the plant duplicated to ensure it can continue to operate if something breaks down or requires maintenance at a critical time.

"It's important to note that the plant's full capacity will only be utilised during a drought," said Mr Scott.

"At the moment, given we've had regular rainfall and are enjoying good flows in the Manning River, we're only drawing around three to four million litres per day from NABIAC and are giving the aquifer a good chance to recharge.

"This will ensure it remains a reliable option when we really need it."

In addition to the upgrade at the treatment plant, a project to expand the NABIAC Borefield is expected to begin this month. This will see up to six new bores added to the 23 that are already in operation.

Mr Scott said this was another resilience measure.

"What this will do is allow us to share the load across a large number of bores and draw from different parts of the aquifer at different times."

Detailed design of the NABIAC Water Treatment Plant upgrade is anticipated to be finished by April 2022, with the project expected to be completed by mid 2023.

To find out more, visit www.midcoast.nsw.gov.au/nabiawtp

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

Market News

It was a springtime treat to be at the markets in September. Our coordinator, *Andrew*, noted that it was very busy at times, then super quiet. It seemed to ebb & flow a lot. Managing social distancing with crowds of happy shoppers was a balancing act.

It was great to see most people wearing masks, signing in and enjoying their local market. The committee thank everyone who attended and shopped and made the market day a success.



One of our new stallholders, "**Farm Fresh Harvest**" added life to the "keyhole" area, along with Nev's garden ornaments. It was exciting to see people attracting to this spot and to see that many stallholders were flat-out last Saturday.

We are always encouraging new stallholder applications from suppliers of fresh produce. See below for details.

There's 5 weeks between the September and October markets, so plenty of time to apply.

Online ordering:


Our coordinator, *Andrew Richardson*, is currently developing e-commerce & online ordering systems. He is in discussions with stallholders and other parties to put these systems in place.

This is an exciting initiative which should lead to more sales for stallholders throughout the month, a chance to diversify and not rely solely on the markets for income.





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Stallholder feature: Old Inn Road Wines



Old Inn Road vineyard is located to the west of Bulahdelah where we grow Verdelho, Chambourcin and Dolcetto grapes. The vineyard is now 10 years old which means the vines can now be considered 'fully grown'.

"The style of wine we make with the Verdelho is light, fresh, and very crisp which our customers seem to really enjoy. Serve it chilled with fresh seafood or spicy Asian dishes. Verdelho is also used

Sooze Bosire & Dale Bradshaw —or our sparkling Frizzante (sweet) and sparkling Espu Delho (dry) which are equally popular because they are best partnered with your favourite nibbles while sitting on the veranda with your feet up!



Chambourcin and Dolcetto are red varieties which means we can make a dry French style Rosé, a sparkling Rosé, and a lovely dry red table wine.

We are a small holding but punch well above our weight in terms of wine show awards and this is largely due to the care we take growing the fruit and our

fabulous winemaker *Nick Paterson*.



People are often surprised when they find out where we grow our grapes, but our vineyard proves the theory that you can successfully grow great fruit in most places, as long as you match the variety of grapes to your climate and soils. And great fruit makes beautiful wine".

Old Inn Road Wine

www.oldinnroadwine.com.au

<https://www.facebook.com/oldinnroadwine/>

<https://www.instagram.com/oldinnroadwine/>

Next market date: 30th October. New coordinator, *Andrew Richardson*.

For Stallholder applications, go to the website

www.nabiacfarmersmarket.com and download the vendor information forms; call: 0422 177 122. or Email: nfmcommittee@gmail.com


Follow us on Instagram and Facebook. Thank you – market committee.

By **Laura Pennington** ☺

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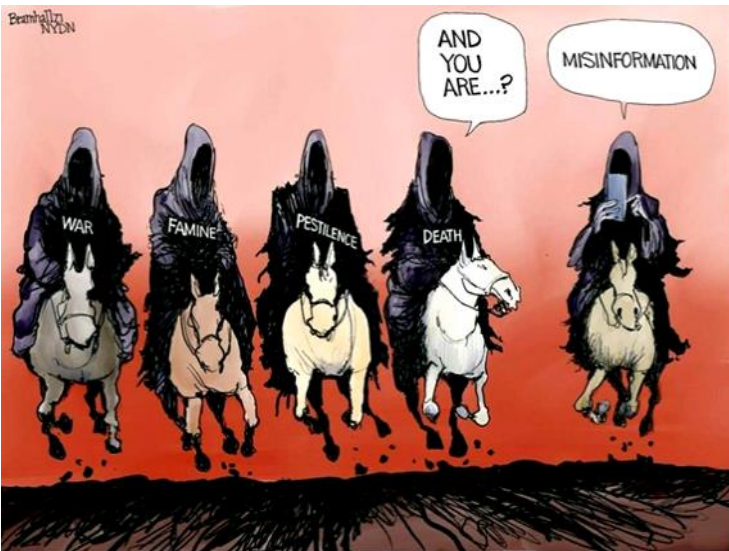
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Now that I've lived during a plague, I understand why most renaissance paintings are of chubby women laying around without a bra.

So a burglar broke into the house...I put the red dot on his chest and the cat did the rest...

The Parrot Died

At dawn the telephone rings . . .

"Hello, Senor Rod? This is Ernesto, the caretaker at your lake house in Bella Vista."

"Ah yes, Ernesto. What can I do for you? Is there a problem?"

"Um, I am just calling to advise you, Senor Rod, that your parrot - he is dead."

"My parrot? Dead? The one that won the International competition?"

"Si, Senor, that's the one."

"Damn! That's a pity! I spent a small fortune on that bird. What did he die from?"

"From eating the rotten meat, Senor Rod."

"Rotten meat? Who the hell fed him rotten meat?"

"Nobody, Senor. He ate the meat of the dead horse."

"Dead horse? What dead horse?"

"The thoroughbred, Senor Rod."

"My prize thoroughbred is dead?"

"Yes, Senor Rod, he died from all that work pulling the water cart."

"Are you insane?? What water cart?"

"The one we used to put out the fire, Senor."

"Good Lord!! What fire are you talking about, man??"

"The one that destroyed your house, Senor! A candle fell and the curtains caught on fire."

"What the hell?? Are you saying that my house is destroyed because of a candle?!!!"

"Yes, Senor Rod."

"But there's electricity at the house!! What was the candle for?"

"For the funeral, Senor Rod."

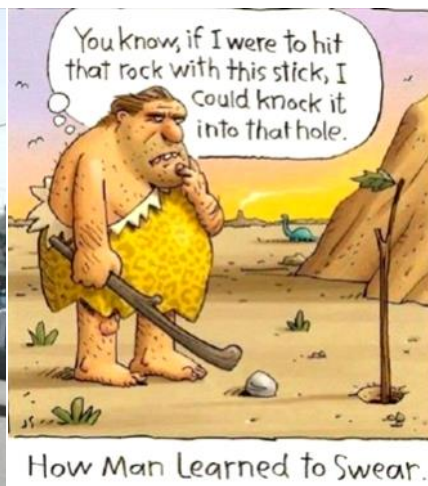
"WHAT BLOODY FUNERAL?!!!"

"Your wife's, Senor Rod. She showed up very late one night and I thought she was a thief, so I hit her with your new Taylor Made Super Quad 460 golf club."

SILENCE..... LONG SILENCE.....

"Ernesto, if you broke that driver, you're in deep s..t!!"

MY FRIEND JUST TOLD ME SHE WOULDN'T EAT BEEF TONGUE BECAUSE IT CAME OUT OF A COW'S MOUTH. SO I GAVE HER AN EGG!



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The Wife—for dedicated male golfers

While driving home in my golf cart, I swerved to avoid hitting a deer, lost control and landed in a ditch, severely banging my head.

Dazed and confused, I crawled out of the ditch to the edge of the road when a shiny new convertible pulled up with a very beautiful woman who asked, "Are you okay?"

As I looked up, I noticed she was wearing a low-cut blouse with a cleavage to die for.

"I'm okay I think." I replied as I pulled myself up to the side of the car to get a closer look.

She said, "Get in and I'll take you home, so I can clean and bandage that nasty scrape on your head."

"That's nice of you," I answered, "But I don't think my wife will like me doing that!"

"Oh, come now, I'm a nurse," she insisted. "I need to see if you have any more scrapes and then treat them properly."

Well, she was really pretty and very persuasive.

Being sort of shaken and weak, I agreed, but repeated, "I'm sure my wife won't like this."

We arrived at her place which was just a few miles away and, after a couple of cold beers and the bandaging, I thanked her and said, "I feel a lot better, but I know my wife is going to be really upset so I'd better go now."

"Don't be silly!" she said with a smile. "Stay for a while. She won't know anything. By the way, where is she?"

"My guess is that she's still in the ditch."

A young Scottish lad and lass were sitting on a low stone wall, holding hands, gazing out over the loch.

For several minutes they sat silently.

Then finally the girl looked at the boy and said, "A penny for your thoughts, Angus."

"Well, uh, I was thinkin'... perhaps it's aboot time for a wee kiss."

The girl blushed, then leaned over and kissed him lightly on the cheek.

Then he blushed. The two turned once again to gaze out over the loch.

Minutes passed and the girl spoke again.

"Another penny for your thoughts, Angus."

"Well, uh, I was thinkin' perhaps it's noo aboot time for a wee cuddle."

The girl blushed, then leaned over and cuddled him for a few seconds. Then he blushed.

And the two turned once again to gaze out over the loch.

After a while, she again said, "Another penny for your thoughts, Angus."

"Well, uh, I was thinkin' perhaps it's aboot time you let me put my hand on your leg."

The girl blushed, then took his hand and put it on her knee. Then he blushed.

Then the two turned once again to gaze out over the loch before the girl spoke again.

"Another penny for your thoughts, Angus."

The young man glanced down with a furled brow.

"Well, noo," he said, "my thoughts are a wee bit more serious this time."

"Really?" said the lass in a whisper, filled with anticipation.

"Aye," said the lad, nodding.

The girl looked away in shyness, began to blush, and bit her lip in anticipation of the ultimate request.

Then he said, "Dae ye nae think it's aboot time ye paid me the first three pennies?"

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Lost Words From Our Childhood

Mergatroyd! Do you remember that word? Would you believe the spell-checker did not recognize the word Mergatroyd? Heavens to Mergatroyd!

The other day a lady said something to her son about driving a **Jalopy**; and he looked at her quizzically and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old ... But not that old.

Well, I hope you are **Hunky Dory** after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included:

Don't touch that dial, Carbon copy, You sound like a broken record, and Hung out to dry

Back in the olden days we put on **our best bib and tucker**.

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley!

We were **in like Flynn** and **living the life of Riley**; and even a regular guy couldn't accuse us of being a **knucklehead, a nincompoop** or a **pill**. **Not for all the tea in China!**

We wake up from a short nap, and before we can say, "**Well, I'll be a monkey's uncle!**" Or, "**This is a fine kettle of fish!**" **Poof**, go the words of our youth, the words we've left behind. Where have all those great phrases gone?

Long gone: **Pshaw, The milkman did it. Don't forget to pull the chain. Knee high to a grasshopper. Well, Fiddlesticks!**

I'll see you in the funny farm. Wake up and smell the roses.

Leaves us to wonder where Superman will find a phone booth...

See ya later, alligator! In a while crocodile Okidoki Great Scott! "Monkey Business"!!!

WE ARE THE CHILDREN OF THE FABULOUS 30's, 40's and 50's ... NO ONE WILL EVER HAVE THAT OPPORTUNITY AGAIN .. WE WERE GIVEN ONE OF OUR MOST PRECIOUS GIFTS: LIVING IN THE PEACEFUL AND COMFORTABLE TIMES, CREATED FOR US BY THE "GREATEST GENERATION!"

How many of you remember OR STILL USE some of these expressions? How life doth change!

**It took "Click it or Ticket" to get people to wear a seatbelt.
I wonder if "Mask it or Casket" might work?**



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Our Grey Ghosts are on another little excursion

A trip to Temora last week for family reasons meant running the COVID gauntlet. This meant a 700km trip through several locked down areas. Straight through Gulgong and Wellington until we found an area at Yeovall to camp for the night.

A delightful place, sadly not as vibrant as it once was but is the home to a dedicated Banjo Patterson museum. Very interesting and recommended. Both Wellington and Gulgong appeared deserted and one feels for everyone affected.

During previous trips however, we have watched the construction at Wellington of the joint venture between BP (a first for them) and an English solar company of the massive solar farm. This nearly completed project covers some 500 hectares (1250 acres) and one drives beside it for some 3 km's by the highway. When in operation it will include battery storage.

By Molong we are starting to see this year's crops appearing. The dark vibrant green of the wheat contrasting with the blinding yellow of the canola certainly lifts our spirits so one can imagine how those involved must feel. This vista extends in all directions as far as one can see and beyond. A very welcome return to good times for all communities.

This promises to be equal to the record crop of last year and the large ground storage areas are being prepared. Good rain during early September has produced outstanding results. Tens of thousands of hectares. If the opportunity exists to be in the West during harvest, take it, it is a massive operation as mentioned in a previous report here.

At last in Temora, a familiar area to us. Without any disrespect to the Coast, the West could be another country. Life and the people are a different experience to be savoured. There does not seem to be the urgency as on the coast.

The town is booming and without exception, massive tractors and headers fill all retailer dealer's premises. When one is aware that this is repeated in any major area throughout Oz, the amount of money involved must be staggering. Several nuke subs perhaps?

Our plan involves returning via Parkes and we expect to experience similar scenes for several hundreds of kms yet. A great country..

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Lyn's Larder

This is a favourite quick recipe of Helen Dempsey

ANYTIME GRILLED VEG WITH CASHEWS AND FETA -

INGREDIENTS

- 250g cherry tomatoes (1 punnet)
- 1 zucchini
- 1 capsicum
- 6-8 mushrooms
- 1 purple onion
- 1-2 cloves garlic, crushed
- 2 tbsp olive oil
- ½ cup cashews
- ½ cup feta
- parsley/coriander to sprinkle

METHOD

Wash the veg. Put the tomatoes to a large bowl and cut the other veg into even sized pieces then add to the tomatoes.

Heat the griller on high. Mix the garlic into the olive oil and mix this through the vegetables. Spread the vegetables onto the grill tray and grill for 4 minutes, turning if desired.

Add the cashews and grill for another 4 minutes, turning halfway through to prevent the cashews from charring.

To serve, top with feta and a little parsley.

You can play with the herbs, vegetables, and spices in this recipe, for example adding a little chilli or even dukkah, or adding other veg such as fresh corn kernels.

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is holding its

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NABIACT



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Good Medicine

The Power of Hope

Author *Dutch Sheets* talks about a tree in his garden which had been dead. It had died and been chopped down by the previous owner ... 'nothing left but a stump ... it doesn't get much deader than that'. However when the owner put a sprinkler in nearby the tree grew back and it was now flourishing. He bought the property on the basis of this 'never say die' tree and called it the Hope Tree, and it now reminds him every day of the 'power of audacious hope'.

He thought of a Bible verse in Job 14:7-9 - *For there is hope for a tree when it is cut down, that it will sprout again, and its shoots will not fail. Though its roots grow old in the ground and its stump dies in the dry soil, at the scent of water it will flourish and put forth sprigs like a plant.*

As humans we always need something to hope for - security ... good health ... relationships ... goals to fulfill. My daughters are currently hoping, like many others, for an end to lock-down restrictions and return to normality and the possibility of visiting.

Many people in this season are looking for hope. Life can be difficult, at times brutal. Struggling economies and job losses have led to destroyed dreams of many; diseases seem to have multiplied, ravaging our health and the entire world, it seems, is filled with unrest, terrorism and war.

"In 1965 during a family reunion in Florida, a grandmother woke everyone in the night, giving orders to get empty soft drink bottles, corks, and paper. She declared God had told her that people must hear His Word, and she began to write Bible verses on the paper while the grandchildren bottled and corked them. Then everyone deposited over two hundred bottles into the surf at Cocoa Beach. Throughout the years the bottles were found and people contacted her, thanking her for the verses. The last letter arrived in December 1974, one month after she had died:

'Dear Mrs. Gause, I'm writing this letter by candlelight. We no longer have electricity on the farm. My husband was killed when the tractor overturned. He left eleven young children and myself behind. The

bank is foreclosing, there's one loaf of bread left, there's snow on the ground, and Christmas is two weeks away. I prayed for forgiveness before I went to drown myself. The river has been frozen over for weeks, so I didn't think it would take long. When I broke the ice, a bottle floated up. I opened it, and with tears I read about hope from Ecclesiastes 9:4. *'But for him who is joined to all the living, there is hope.'* I came home and read my Bible and now I'm thanking God for the message. *We're going to make it now. Please pray for us, but we're all right.'*

How did this life-saving bottle make a nine-year journey all the way from Cocoa Beach, Florida, to a river in Ohio? Not just any river, mind you, but the right river, near the right farm, at the right time. I can imagine God's explanation to the angels: 'This last one will be a Christmas present, much like the first one I delivered to hopeless humans two thousand years ago.' (This story made me cry).

Soft drink bottles were transformed into hope bottles - most of the verses in the bottle were about hope. Interesting. The bottles didn't contain verses about faith, power, miracles, or even provision, all of which this lady desperately needed. Why? Because those things are produced after we hope. The demoralising power of hopelessness paralyses the soul; hopeless hearts can't reach out in faith.

Hope is to the heart what seeds are to the earth. Without hope, life is sterile, unfruitful. Without it dreams won't be conceived; destinies won't be realised. **'Faith is the substance of things HOPED for,'** God tells us in *Hebrews 11:1*. If there is no hope for the future, there will be no faith to face it.

Never underestimate the power of hope!"

The Bible decrees that evil will not win, terrorism will not win, the ungodly will not win. God has already declared the winner: Jesus Christ.

Quotes from "The Power of Hope" by Dutch Sheets

The Counsellor

"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."
MARTIN LUTHER

News From The News

Nabiac Community Church

Services are held every Sunday at 10:00am
Holy Communion is celebrated with the service on the 3rd Sunday
For information regarding the Nabiac Community Church please contact Margaret **Weller** (6554 1212), Jill **Hammond** (6555 7747)

St Bernadette's Catholic Church, Krambach

October Mass times are Saturday 2nd at 6:00pm - Saturday 9th at 6:00pm - Saturday 16th at 6:00pm & Saturday 30th at 6:00pm
(contact **Helen Legg** on 6559 1211)
November Mass Saturday 6th at 6:00pm

Krambach Bible Church (a ministry of Wingham Presbyterian)

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

St Paul's Anglican Church, Nabiac

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

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St Isidore's Catholic Church, Nabiac

October Mass - Saturday 23rd at 6:00pm

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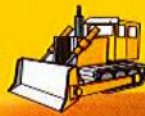
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Hi everyone,

We are back to work at the moment. We are all stressed,
thinking about if we are going back into lockdown, so all we
can do is take it as it comes.

*Barb, Jess and myself are working hard to catch up and fit everyone
in. So thank you for your patience.*

We only have Jess for a few more weeks before she is off, starting a
new chapter of life with a beautiful new baby. We will keep you all
informed. Best of luck Jess and *Haylan*.

Now for our saying of the month:

"Life is like a camera... Focus on what's important.
Capture the good times, develop from the negatives,
And if things don't work out, take another shot."

Thanks everyone, stay safe and well.

Belinda ☺

Do you need a *Justice of the Peace*?

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Stuart **Weller** on 6554 1904 (Nabiac)

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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