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ACROSS THE FENCE

11 NOVEMBER
Remembrance Day



*At the going down of the sun and in
the morning, we will remember them*

Lest we Forget



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Editorial.

Hi all,

I am just about over all of the continual changes we have had to be living through. One week you are able to shop with just your identity and the next you cannot, you need your vaccination proof. Fair enough, BUT not owning a fancy phone means carrying around a sheet of A4 paper, in a protective sleeve so that it does not fall apart, and finding the person who needs to check it.

I have obtained the little identity card from the government that is supposedly good for checking in without having to write my details down, but only about one in ten shops have the tablet needed to use it.

Not sure if the government is also going to issue one similar for the proof of inoculations. Modern technology has left me for dead!

Good news is that Steve Bromhead is pushing for Al Fresco dining to be allowed in the towns so we can sit outside to eat, drink and be merry (in small numbers) like Europeans. Great news, details on page 27. They are also issuing us another \$25 Dine & Discover voucher.

With the relaxing of travel laws we will all have to be extra careful as I am sure our southern visitors will be surging up here for their Christmas holidays, which is great for the economy, but means we will have a lot more bodies about to try to keep legal distance from.

Lots of new, big ads this month, hence the LARGE paper. Just one too many to keep it to 28 pages, so you got some funnies and jokes.

The blood bank is still after donors and I noticed the number of volunteers from the farmers markets and local organisations have really come to the fore. Great people.

Louise Collins has been delving into the archives again and done an article on Clarkson's Crossing and the development of it into a bridge, which has been replaced by the new bridge on the highway.

Paul used to tell me stories of his visits here as a kid when he and his cousin David used to lead people over the crossing for a "fee". I have spoken to some of the local 'lads' who all did the same thing.

Paul and David also use to sit on the side of the highway, which then ran through Nabiac village, and count the cars and take down their plate numbers. It was a quiet and idyllic time. Simple amusement!

Watch out for ticks. Timidty has had some small ones on him after the rain and heat. The vet has said they are prevalent at the moment.

*"Liberton" farms in the History article. I looked this word up and it is the name of a prominent Scottish family.

In the context of the History Page I think it means farms belonging to men serving in the war and being run by others for them whilst away, with Government help

Enjoy the warmer weather
'til next month

Lyn, Tilley Cat & Timidty



WHAT'S HAPPENING IN NOVEMBER, 2021

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	13 th	
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	no market	this month
• NABIAC	(Last Sat)	27 th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	20 th	
• Taree Rotary Book Fair	(3rd Sat)	20 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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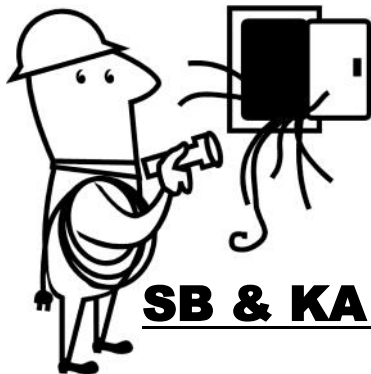
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Remembrance Day

The 11th day of the 11th month at the 11th hour

on which we lower our heads in remembrance of those soldiers, sailors and airmen and women who gave their lives in battle to secure our safety and way of life in all the wars since the first World War. These also include the people who worked in secret to help the forces do their "duty".

The Nabitac RSL Sub Branch is holding a Commemoration Service at the Nabitac Memorial Park on 11th November, 2021.

Fall in time is **10.30** for 10.45am so that we can hear the Last Post at exactly 11.00am



There is normally an informal gathering at Krambach Memorial of people who meet at the memorial to listen to the Last Post on a mobile radio if any wishes to join them.

KRAMBACH HALL HAPPENINGS

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

HALL MARKETS: 3rd Sunday of the month. **NO MARKET THIS MONTH - sorry - Will be a Christmas Market in December** Stall spaces available. One table costs \$11, two are \$16 and 3 are \$22 Phone Debbie Gray on 6559 1475 to book one.

HALL BOOKINGS:

From the 1st December the Krambach Hall will be free for bookings Contact **Fay Deer** on 6559 1562 or **Debbie Gray** on 6559 1475

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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

New members are very welcome. If you like "messing about" with wood, please visit us or contact us as follows:



Address: 100 River Street, Taree

Phone number: 0404 481 084

Email: mglwoodworkers@yahoo.com.au

Web Site: www.mglwoodworkers.com

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Vacation Care: 7am-5.30pm

TAREE BLOOD DONOR CENTRE

The Taree blood donor centre needs you. We need 600 donations every month to meet the demand of patients across Australia. One in three of us will need blood or blood products during our lifetimes so what are you waiting for, register to donate today www.lifeblood.org.au or call 13 14 95.

Nothing beats the feeling of saving lives and it's even better doing it together. Lifeblood Teams is our group donation program. Organisations, community groups, families and friends come together to donate. Teaming up to donate blood is legendary, life-changing stuff... and it will feel great knowing you're saving lives together. An hour of your time can mean a lifetime for someone in need.

There are lots of Lifeblood teams donating at Taree – local clubs, schools, emergency services and businesses – people from all walks of life. And Nabitac has its very own Lifeblood Team with Nabitac Farmers Market. Established in September this year there are already 21 members donating blood and making a big difference in our community. They have only just started their donation journey but you can follow their tally [here](#).

Whether it's the Nabitac Farmer's Market Lifeblood team or something else close to your heart, join a Lifeblood team for your lifesaving journey.


Gilly Paxton

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

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needs new
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this October**

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Between the Pages

Nabiac Library News



Hello Everyone!!!! Another month has sped by. For the latest **Library Opening and Service Changes**, visit the MidCoast Libraries website!!!

Click n' Collect & reservation pick ups are at Nabiac Library Tuesdays 3-5pm

Library patron's need to fill in a Click n' Collect form on the library website, for those without access to the internet they can ring Forster Library on **7955 7001** and staff can go through the form with them.

- Go to www.midcoastlibraries.com.au and select the Click & Collect option on the home page
- Fill in the request form with your borrowing requests
- Choose your location that you would like pick up your collect
- If you would like to pick up from Taree or Forster Library, choose a preferred collection time
- If you would like to pick up from Nabiac library, Tuesdays 3-5pm

Bookclub groups are also welcome to contact the library to organise a Click n' Collect service for bookclub kits.

Zoom event: About a Book

Join us for a monthly online event as we share, discuss and review books recommended by our presenters and you, the audience. Hosted by author of *The One and All We Have is Now*, **Kaneana May**, and MidCoast Libraries Manager, **Chris Jones**. This month's special guests are **Sandie Docker** author of *The Kookaburra Creek Cafe*, *The Cottage at Rosella Cove*, *The Banksia Bay Beach Shack* and *The Wattle Island Book Club*, and **Jake Avila**, author of *Cave Diver*.

Tuesday, 2 November 2021 | 7:00 - 8:00pm

Cost - Free event - Bookings essential

Contact: MidCoast Libraries **6592 5290**

library.events@midcoast.nsw.gov.au

This event will take place on zoom.

Tech Savvy Seniors:- Introduction to Smart Phones - Forster

This workshop will teach you the basics of your smartphone (BYO smartphone). Understanding your smartphone is the priority and topics covered may include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things are that make using your device easier. Sessions are free but bookings are essential as places are limited.

Monday, 08 November 2021 | 10:00 AM - 01:00 PM at Forster Library, 4-12 Breese Parade, FORSTER

Contact: MidCoast Libraries **7955 7001**

library.events@midcoast.nsw.gov.au

Tech Savvy Seniors:- Introduction to Social Media-Forster

Do you need to know the basics of navigating social media on your own device? Bring it along, this workshop will help you gain confidence and navigate the jargon of new technology. Sessions are free but bookings essential as places are limited.

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Monday, 08 November 2021 | 01:30 - 3:30 PM at Forster Library, 4-12 Breese Parade, FORSTER

Zoom event:- Michael Connelly in conversation with Ben Hobson

There will be time for Q & A's from the audience toward the end of the event. This presentation will be broadcast online using Zoom. Book your place and we'll send you a Zoom link to join the webinar (download and install from zoom.us if you haven't already). You guessed it...numbers are limited for this free virtual event and bookings are essential.

Friday, 19 November 2021 | 12:00 PM - 01:00 PM

Contact: MidCoast Libraries **6592 5290**

library.events@midcoast.nsw.gov.au

Tech Savvy Seniors:- Intro to Online Shopping - Hallidays Point

Want to learn the basics of online shopping? Bring your device and discover what makes online shopping easy.

Tuesday, 23 November 2021 | 10:30 AM - 01:00 PM at Hallidays Point Library, 87 High Street, HALLIDAYS POINT

Contact: MidCoast Libraries **6559 3066**

library.events@midcoast.nsw.gov.au

Tech Savvy Seniors:- Intro to Emails-Hallidays Point

Emails can be tricky. Just bring along your device and demystify, learn to send emails confidently.

Tuesday, 23 November 2021 | 01:30 PM - 04:00 PM at Hallidays Point Library, 87 High Street HALLIDAYS POINT

Contact: MidCoast Libraries **6559 3066**

library.events@midcoast.nsw.gov.au

Check MidCoast Libraries website for other Tech Savvy workshops which interest you!!!

Remember Christmas is just around the corner!!! Maybe now is a great time to create beautiful, unique gifts, be it crafting, cooking or your very own creative talents. Try the latest Make@Home MidCoast

Make @ Home MidCoast

Brought to you by MidCoast Libraries and Manning Regional Art Gallery. This special collaboration provides creative activities that can be completed at home. It's a fun, interactive way to get creative and is suitable for all. Try Episode 6, a Tunnel Book; what is a tunnel book you may ask? Come and see!!!

<https://library.midcoast.nsw.gov.au/Home/Featured-Content/Make-Home-MidCoast/Make-Home-MidCoast>

We're definitely missing all your cheerful, smiling faces!!! Puzzling community jigsaws over a chat and helping you find that perfect book, magazine or DVD to enjoy. We know with each day we're closer to reopening our fantastic Nabiac Library!!! Until next month stay safe, keep well, read or listen to audiobooks and enjoy life!!

There is much to be thankful for in our wonderful local area!!! Look forward to each and every moment. We, look forward to helping keep our awesome members reading ☺ ☺

NB: Volunteer staffed libraries like Nabiac are closed except for click & collect and reservations until further notice."

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A comment from a reader relating to the Rural Strategy Plan

ATTENTION Farmers and Landholder and the Public.

The Mid Coast Council has completed its Rural Strategy Plan which is now able to be viewed and commented on by landholders and anyone who is interested in the future of our rural areas.

Website: haveyoursay.midcoast.nsw.gov.au/know-your-rural-zone
Closing date for comment 19th of November 2021

In having perused the content, it is disappointing to read that there is no change for concessional(s) lots to allow older farmers to retire in the family home or development in the future for landholders and the next generation or the opportunity for rural areas to grow and develop with new residents.

In our own position we have lived on our farm for 40 years and would like to subdivide our family home and 5 acres because of our age and reducing ability to manage the work load on the farm without breaking up the family property. After several appeals in the past on compassionate grounds it has been refused. If there is anyone in a similar position or who would like to discuss any comments please feel free to contact Sam McCorriston on 0437 878 155.

Please take the time to view the website and make a comment, as this may be your only chance to have a say, in any current Rural Strategy decisions made by MidCoast Council that will influence your future.

Sam McCorriston

Nabiac Village Futures Group News

The Draft MidCoast Rural Strategy is on the MidCoast website.

[Know Your Rural Zone | Have Your Say \(nsw.gov.au\)](http://www.nsw.gov.au/know-your-rural-zone)

The Strategy provides a consolidated platform for considering how land and water resources outside our towns and villages are expected to be used and developed in the coming decades. It also establishes a program of actions Council and other stakeholders can take to facilitate the sustainable use of the region's assets.

Other planning controls that are being considered as part of the Draft MidCoast Rural Strategy include:

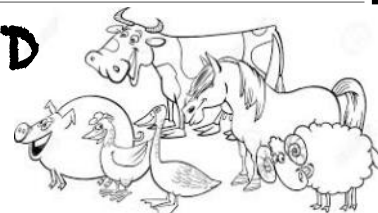
- Minimum lot size standards for subdivision in rural areas; and
- Local provisions and environmental overlays to assist with the protection of, for example, drinking water catchments and steep land
- **Non-urban land/paper subdivisions**

In the Nabiac area we've been used to having 2 different sets of zonings, of Taree and of Great Lakes. Now the new zones will be harmonized across both sides of the Highway. The Village Futures Group has a keen interest in these changes. Submissions close Friday 28th January.

Louise Collins, Secretary NVFG

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade draws your attention to the new public awareness Bushfire Preparedness campaign the NSW Rural Fire Service (RFS) has launched. The campaign, which is on TV and radio now, focuses on how we've been through bush fires as a community before, and as a community, we'll face the same challenges into the future.

Put simply, **we live with bush fire so we need to Live Bush Fire Ready.**



With the easing of several Covid restrictions recently, we will hopefully be back to *normal* with our regular Brigade activities such as meetings, training, etc. Some warm weather and a bit of rain will green things up, but there will still be more than enough dry fuel on the ground to entice and encourage a fire.

FIRE PERMIT REQUIRED

Please be very careful with your fires.



Safe Burning is Your Responsibility.

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.

Are two permits better than one?

We all know that when it comes to rules, there are also responsibilities attached to those rules, and not everyone is created equal. The rubbish bin with a green lid is for green waste and not all rural properties have access to what is commonly referred to as a "green bin".

This particular **rule does not apply to everyone in the Minimbah Brigade area.**

However, it **does apply** to most of those who live in more built up areas and villages, who have been provided with (or are entitled to be provided with) a green bin. The majority of those properties have special year-round restrictions when it comes to burning, and before the RFS can issue a free Fire Permit, MidCoast Council approval to burn must be obtained.

The rule was not introduced by Council, but having adopted it, they are required to police it. It is a State Government regulation under the Clean Air Act.

Approval lasts for **12 months** and there is **no application/administration fee payable**, so if you live at one of those properties who require the approval, instead of leaving it to the last minute and then perhaps getting held up with your burn, why not make a point to routinely get Council approval each year. Perhaps apply on your birthday, wedding anniversary, the Ides of March or whatever date is special and memorable to you.

If you are unsure whether this rule applies to you or not, please check with **MidCoast Council on phone 7955 7777.**

"Oh, the wayward wind, is a restless wind; a restless wind that yearns to wander".....and it might take your fire with it.

Our scheduled October training session was called off (due to you know what) but the following day a sudden weather change afforded us the opportunity to hone our skills with an operational activity when a legal pile burn in our area was in serious threat of going **"free range".**

It can happen to anyone.

A vigilant neighbour had reported the erratic smoke behavior to Triple Zero, so it was detected and acted upon early.

Nabiac Brigade brought their new Cat 9 along to lend us a hand, so some vital "training" was had by Members of both Brigades and in the end, no harm was done. Hearts were racing for a while, but all's well that ends well.



**Report unattended fires
on
Triple Zero (000)**

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News from Nabiac Second Chance Op Shop

*Open Monday to Saturday 9.00am to 12.00pm
Closed the first Wednesday of each month.*

A very big thankyou to our community who have visited the Op Shop and Shed since the current Public Health Orders were put in place on 11th October, 2021 by following the conditions of entry and showing respect to our volunteers.

A friendly reminder of those conditions:

Please scan our QR code.

Show your proof of Vaccination and QR code, sanitising, wearing a mask and practicing the safe distancing rule of 1.5mtr. We are only allowed 3 people in each room.

As of 1st December, 2021 you will only have to scan our QR code and sanitise on entry going by the Public Health Order.

Donations:

The Op Shop is now accepting your donations and are very much appreciative.

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

Thankyou for your co-operation and understanding.

Shop:

All of 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 of the great items for sale in the shed.

Our library is full of books, CD's and DVD's. Current sale on DVD's: \$1.00 each or 6 for \$5.00.

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

You just never know what treasures you will find.

Christmas Closure:

Nabiac Op Shop will be closing 11.30am on Friday 17th December, 2021 for our Christmas Party.

The last day of opening will be Saturday 18th December, 9.00am to 12.00pm and reopening Monday 13th January, 2022 at 9.00am.

Please hold any donations until we reopen on the 13th January as all of the wonderful volunteers will be enjoying a well-earned holiday.

Thankyou for your co-operation.

Kind Regards

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



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appointment.
8.30 am to 10.00 am

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WALLAMBA CWA REPORT

Firstly apologies for the lack of a report last month but here we are again and I have a report on both the 57th Annual General Meeting and the Monthly Meeting of Wallamba CWA which was held on Tuesday October 12th at the usual venue of the Nabiac Village Community Church Hall when 12 members were present.

President *Margaret Weller* welcomed the ladies, who are getting used to meeting under the present Covid regulations, and received 4 apologies and opened the 57th AGM at a little after 10.00am with members reciting the National Anthem, CWA Motto and Prayer.

Secretary *Pam* read the minutes of the 56th AGM from 2020 and these were confirmed and seconded, noting that the Branch was formed in March 1964 – where have all those years gone, unfortunately we don't have any of the original members still alive but we do thank them for their dedication and service during those years which have left us a great legacy.

President Margaret read her report and thanked her current members for their support and those who have filled the various positions, both at Branch level as well as MNC Group level.

Secretary Pam then presented a comprehensive report on the activities which occurred throughout the year and this was then followed by Treasurer *Mary Webber's* Financial Report, somewhat down on previous years because of the inability to hold any functions or fund raising due to the pandemic.

Handicraft Officer *Merle Barber* gave her report and spoke of her attendance at various State events including the State Conference at Bega when she was accompanied by fellow member *Fay Anderson* and the ladies learnt so much. They were planning to go to Dubbo for another State event but unfortunately it was cancelled but is hoping a special handicraft workshop in Wagga later this month, November 22nd, will go ahead. As most of the local shows have been cancelled this year there has been little going on and Merle has not been doing any judging.

International Officer *Penny Britton* gave her International report and update and most Group days were cancelled but Penny was able to give members some interesting facts during each meeting on our 2020 Country of Study, Ecuador, and 2021 Country of Study, Malaysia, which will see us through till the next one is announced during the State Conference being held in Sydney in 2022.

Our Cultural segment is always of interest thanks to Officer Penny and she added her thanks to the members who contribute to it with items they had seen, visited or undertaken.

Ag & Environment Officer position was shared between *Coral* and *Ruth* and these ladies did a great job, Ruth with her wonderful scrap books on the various topics and Coral with her very creative handi-craft especially her hand felted pictures.

Unfortunately our Cookery Officer *Jean Price* was unable to be present due her slow recovery from knee surgery and wasn't able to give a report and has decided to step down from her role at this stage.

Catering Officer *Beth Brewster* didn't have a report as nothing had taken place but spoke about the frustrations the pandemic had caused when it comes to catering.

Publicity Officer *Pam* added her thanks to all and the Editor, Lyn, of Across the Fence for giving the Branch space to report on the Branch's meetings and happenings.

Local well known resident *Bruce Weller* arrived and took the chair for the election of Office Bearers for 2021-2022 with the following members nominated and accepting the various positions.

Margaret Weller was returned unopposed as **President** for what will be the Centenary Year of CWA of NSW in 2022.

1st Vice President – Iris Cummings

2nd Vice President – Norma Flood

Secretary – Pam Muxlow

Assistant Secretary – Mary Webber who had stepped down from the Treasurer's position and put herself forward to take on this role and was duly elected.

Treasurer – Jenny Ang was nominated for this important role with Jill Hammond to be **Assistant Treasurer**. Thank you ladies for stepping up to this important role.

International Officer – Penny Britton and **Assistant International Officer** – were both returned unopposed.

Handicraft Officer – Member Merle Barber returned unopposed and will have *Fay Anderson* as her **Assistant Handicraft Officer**.

Ag & Environment Officer – Coral Gabriel was nominated as Co-ordinator with Merle Barber as her assistant.

Cookery Officer – Beth Brewster was voted in to this position with Margaret Weller as her assistant.

Cultural Officer – Penny Britton will continue as Co-ordinator

Catering Officer – Margaret Weller volunteered to take this position and will have as her assistant Beth Brewster.

Publicity Officer – Pam Muxlow was invited to fill this position which she accepted for another year.

Long standing members *Iris Cummings* and *Norma Flood* were again invited to hold the honoured positions of **Patrons** which they accepted.




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State Delegates nominated were Penny Britton and Fay Anderson.

Group Delegates are Merle Barber and Margaret Weller

Group Councillors are Beth Brewster, Fay Anderson, Jill Hammond and Jenny Ang.

Meeting Day, Time and Venue will remain the same i.e. 2nd Tuesday of each month, except January, commencing at 10.00am in the Nabitac Village Community Church Hall.

All positions were now filled and President Margaret thanked all members for stepping up and grateful thanks were extended to Bruce Weller for Chairing the Elections. The AGM meeting was then closed and the General Monthly Meeting was opened @ 11.30am and as the official formalities had been attended to at the start of the AGM these were dispensed with.

Members had earlier paused to remember departed friends and locals including *Larry Wooster*, former Nabitac resident *Nancy Wood* and *Billy McCabe* friend of President Margaret and her husband Bruce.

The previous meeting's minutes were read and confirmed as was correspondence and outgoing Treasurer Mary presented her final report, before then Penny spoke on the day being World International Day of the Girl Guides and set a project for members to bring back to November's meeting – *"What advice would you at the age you are now, with hindsight, give to a young self"*. Penny also informed members that October 15th is dedicated to *"International Rural Women's Day"*.

Handicraft Officer Merle organized a workshop for those members who (wanted) to try their hand at making some material brooches relevant to our Country of Study Malaysia at her home on October 21st – will be looking forward to the end results.

Jill showed off her knitted Pocket Koala which is the updated version of the earlier 10 Member Pam had made and sent to HO

which are going to be part of CWA's 100th anniversary.

Penny spoke about seeing a pair of Red Belly Black snakes near her home and their antics – just a reminder to be careful during the summer months and be on the lookout.

Fay also had a problem with a snake – a python fell out of her roof area which she was having replaced – the workmen kindly despatched it for her to an area away from her home.

Belated birthday wishes to *Merle Barber* and *Moya Harris* for their birthdays on October 23rd & 24th

Next meeting will be held Tuesday November 9th at the usual time and venue so hope to see you all.

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Nabiac Landcare

The Nabiac Landcare team is still working at Lilypilly Bend, not much exciting is happening except the growth rate of lantana seedlings encouraged by the recent rains and warmer weather. The good thing is they pull easily from the moist soil. Actually, it's been very noisy in the trees, tallowwood and ironbarks have been blooming profusely and the birds and bees are enjoying the feast.

Nabiac Landcare operates as a subcommittee of the Neighbourhood Centre and I was pleased to report to their AGM that we had contributed 1,450 hours this past year working for the natural environment in Nabiac.

Normally I don't mention 'bugs' except to comment on tick season but I learned something this week.

Let me introduce you to an Australian native bug that is a pain in the, a pain where ever it's spray hits you.

Musgraveia sulciventris—the *Bronze Orange Bug*, a quite attractive shield or stink bug—attractive until you smell it. The native hosts are citrus like the finger lime or correas but of course citrus also means lemons, limes and oranges and these guys aren't fussy about country of origin. Now this creature leaves me somewhat conflicted it's a native but it's destroying my very expensive finger lime. I've been picking them off (with bbq tongs) and drowning them in soapy water and I really don't feel the local population is endangered! Take a look for them on your citrus trees, the babies are green, as they grow, they turn orange and



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then mature into ugly black buggers that fly (and breed). The article on them on https://en.wikipedia.org/wiki/Musgraveia_sulciventris is quite good.



Colours shown on web issue of ATF

There are some really interesting groups on Facebook on Australian insects and plants, do a few searches and check out what's on offer. The photography is amazing. There are many ecologists who are concerned about the effect of drought and fires on the diversity of invertebrates—the creepy crawlies—that are the major pollinators in our environment and play a huge part in the development and maintenance of healthy soil.

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. Most of all enjoy the local bush!

Liz Rees
6554 3196

Ed note: Don't pick them off with bare fingers, they stain with a nicotine coloured dye and it is hard to remove and stinks!

The easiest way to remove them, if your vacuum has a removable paper bag, is to vacuum them off the lower trunk where they go down to in the heat to get cool. There is a video of it on the web if you look up stink bugs.

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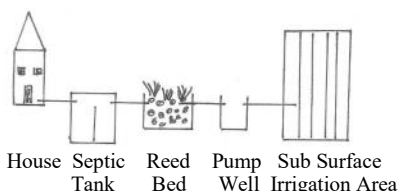
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Show News

Great news, with so many New South Wales people getting double vaccinated, we are feeling confident about planning for the 2022 Show. The restrictions are reducing month by month, and the Committee is confident all the fun of the Show will return to the Wallamba District on Saturday 19th March, 2022.

We look forward to seeing your Exhibit entries and joining us on the day.

Planning is underway to bring back an old favourite and introduce a new event. The ever-popular woodchop will be back under the guidance of one of our own locals who is deeply involved in this sport.

New, we believe, to our Show will be the Tug of War. Teams will consist of six members, so start thinking about who you can wrangle



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into your team. It's a "final winner takes all" cash prize, meaning strong folk may be in big demand, book them early.

Or if you're not up to the Tug of War, we're more than happy to have new volunteers join the planning and organising Show team. Whatever you have, some time to offer now, early next year or on the day will all be happily accepted.

We look forward to hearing from you.

Sally Henderson

Secretary

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E-mail: secretary_wdah@outlook.com

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Nabiac Memorial Neighbourhood Centre Association



Hi to everyone,

The Neighbourhood Centre held a successful Annual General Meeting last week. Thank you to member **Phil Costa** who was our Returning Officer. The elected committee are **Kit Carson** (President) **Colin Henderson** (Vice President), **Ross Dearing** (Treasurer), **Louise Collins** (Secretary) and Committee members **Kathryn Murphy**, **John Baker**, **Ann Newlan**, and **Christal Pearce**. The past year has been trying at times with many decisions to be made. We want to particularly thank all our members who are volunteering and who have coped so well with the ups and downs of COVID. We currently have 132 financial members and we are looking forward to another interesting and productive year.

The subcommittees of the Neighbourhood Centre are unincorporated small groups, volunteering in our community, and who rely on the Neighbourhood Centre for insurance for their volunteers. All members of these groups are members of the Neighbourhood Centre. They are the Nabiac Nook, Nabiac Village Futures Group, Aub Ferris Sporting Complex Redevelopment Committee, Nabiac CTC (Community Technology Centre), MidCoast Community Quilters, Nabiac Landcare and Nabiac Second Chance Opportunity Shop. The Nabiac Farmers Market have now become an incorporated group and their operation will be coming independent of the Neighbourhood Centre.

The tenants of the Neighbourhood Centre are Karuah Great Lakes Landcare (who oversee the community garden at the back of the Neighbourhood Centre), Nabiac and District Preschool and the commercial kitchen at the rear of the building operated by **Petra**. (Many older Nabiac people will remember that when the hospital closed the kitchen was set up for Meals on Wheels. When Meals on Wheels finished operating the Committee of the day then had the opportunity to offer the kitchen for commercial lease).

During 2021 we have used the funds raised by the Op Shop to support the new entryway to the Showground, and the art project for

countrycrafteas@outlook.com
Hannah: 0404 334 446
Louise: 0409 470 606



Country CrafTeas

Country CrafTeas are looking forward to being back in full swing come 1st December. We have a couple of paint and sip nights scheduled for December with a terrific response from the community so far.

We are also available for private group bookings. If you have a group of family, friends or work colleagues who are looking for something fun and creative to do for an end of year celebration (and lets face it, after the last couple of years we could all do with some relaxing social time) feel free to contact us for more information and available dates.

We were pleased to run our first workshop last weekend at the Burrell Creek Hall, we had lots of positive comments from our guests on what a lovely venue it is. We also ran a couple of workshops over at the Tuncurry War Memorial Hall earlier in October which is another great community asset run by local volunteers.

We will be having a few weeks break over Christmas and the new year. By the end of January, we will have our full regular schedule of workshops ready for bookings. Our range of workshops are all tutored by local women and include; watercolour and acrylic painting, pottery, macramé, floral wreath making and candle making.

Stay tuned, exciting things to come.

Hannah and Louise

the entryway, a project to install a defibrillator at the Neighbourhood Centre, and the purchase of a new quilting machine for our Community Quilters. On a more personal level we've been able to support a child with a rare neurodegenerative disease. The Op Shop also assists with the funds that support the grand old lady, that is, the Neighbourhood Centre building itself. As you can imagine our building at 106 years of age frequently needs attention. Copies of the Hospital Book are available for sale at the Op Shop.

Louise Collins, Nabiac Memorial Neighbourhood Centre Inc.
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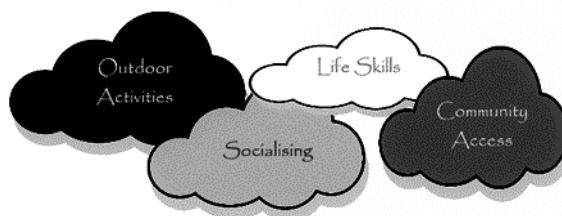
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The Wallamba Watershed's History — Another in a series of historical articles gleaned from the archives of the "Manning River Times, May, 1943 by Bob Mann

TIPPERARY - FEBRUARY, 1943: The rugged hills of this locality are, for the greatest part, densely covered with a mixture of artificial grasses, chiefly paspalum, Rhodes grass and clover, although kikuyu is prominent in many places and the bountiful rain since the early spring has proved what the district is worth under favourable seasonal conditions. The autumn and winter were severe prospects and farmers had a very trying time. From Mr Jack Affeck's Liberton Jersey Stud Farm, which is 1,200 feet above sea level, an impressive view can be had and from that dominating eminence to the sea the grand scene of hill and valley is one of verdure and is dotted by the homes of the hard working and patriotic farmers who are playing such a noble part in the worlds present crises. Those examples of manhood are reaping some reward for their labours at present but the comparatively low prices for butter is robbing them of much they consider they are entitled to. Liberton farms are managed by Mr T. Dunn and Mr H. Bennett. Both herds are of high class jerseys mostly of stud stock from Hawkesbury, Glen Innes, Richmond and other Government Farms. Mr Dunn has a fine patch of Lucerne on top of the pinnacle at the farm house. He had good results from half a hundred weight of potatoes having dug 13 bags. Crows are playing havoc with the corn on Mr Bennett's farm. Mr W. Bloache, who is on Mr Everingham's farm, has some nice crops coming on and his herd is producing very satisfactorily. It may be mentioned that Mr J.H. Stevens runs about 200 Hereford steers on his property. Mr Fred Paff's farm, under the care of Mr H. Bennett, appears to be prosperous. Incidentally, Mr Paff has returned to his farm again after being on military service and is residing at Karkatt. Mr Rex Latimore, who is on the late Mr Chris Schneider's farm, is hitting up record returns for the farm and his line of pigs should be choice baconers at an early date. Abbott's farm is capably run by Mr Angus Kellinor and he had a trying time with his leg which was injured in August. He is handling a 100 cows on the farm and in October produced 1,830 lbs of butter and in November 2,865 lbs and for December reached the record of

3,425 lbs for the month.

Mr Kellinor has a splendid looking crop of 10 acres of maize. Mr Laidlaw recently paid a visit to his farm in this locality. Mr Paimbab (?) is working on the farm and has some maize coming along nicely. He had a good crop of 20 bags of potatoes from one bag of seed. Mr G. McKay, on Mr Martin's farm, has a splendid crop of fruit this year and his corn is very pleasing. He is pulling in a good monthly cream supply from the farm. Mr E. Gallagher has returned from the services to his farm and is settling down to work on his splendid property. Mr Percy Smith has transferred to Mt George and is busy driving for Mr Haines.

WALLAMBA JUNIOR FARMERS SHOW—MAY, 1943: A very successful show was held by the Junior Farmers of the Wallamba District at Dyers Crossing on Friday 30th April. For the first time the Junior Farmers of the district have ventured to hold an exhibition as their own unaided effort. When one takes into account the manifold difficulties of the present period through which we are passing, the show was really a splendid display. Until the beginning of this month there was a prolonged period of dry weather and it's a tribute to the industry and the careful work of the Junior Farmer Clubs that they were able to produce such a wide and excellent variety of vegetables, farm produce and flowers. The display was held in the Dyers Crossing Hall which was tastefully decorated for the occasion. In all six schools (viz) Nabiac, Dyers Crossing, Wang Wauk, Cocumbark, Krumbach and Karkatt. The Department of Education granted a holiday to all schools concerned in order to participate in the exhibition. Despite transport difficulties there was splendid attendance of both children and adults. Both judges and visitors commented favourably on the products of the children's industry in such a poor season. Vegetables were particularly good while the work of the girls in the cooking and needlework sections were quite excellent. Exhibits were mostly sold or donated by the children at the end of the day. The number of exhibits in the poultry was not quite up to expectations but the difficulty of transport made a large number of entries manifestly impossible. The quality of those at the show was, however, very satisfactory.

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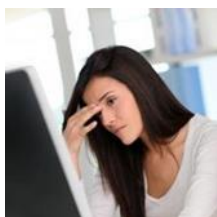
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Blue Blocking Glasses: Misconception



It is a misconception that blue-light-blocking glasses help reduce eye strain when you spend all day looking at computer, smartphone screens, or other electronic devices. The truth of the matter is that blue-light-blocking glasses have the most use when worn at night, as they help block out blue light that might keep you awake and can affect the quality of your sleep.

Recent research from Brigham and Women's Hospital (BWH) suggests that the use of light-emitting electronic devices – tablets, some e-readers, smart phones, and laptops – in the hours before bedtime can negatively impact the circadian clock, which synchronizes the daily rhythm of sleep to external environmental cues. *"We found the body's natural circadian rhythms were interrupted by the short-wavelength enriched light, otherwise known as blue light, from these electronic devices,"* said Anne-Marie Chang, PhD, corresponding

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author and associate neuroscientist in BWH's Division of Sleep and Circadian Disorders. "Participants reading a light-emitting e-book took longer to fall asleep and had reduced evening sleepiness, reduced melatonin secretion, later timing of their circadian clock, and reduced next-morning alertness." Because the blue light that emanates from technology is linked to suppressed levels of melatonin, it can negatively affect your ability to fall asleep. ***Consider blue-light-blocking glasses only if you're glued to your phone in the evenings, and struggle to sleep through the night because of it.***

If you suffer from repeated eye strain from staring at computers or electronic devices all day, blue-light-blocking glasses ***aren't the best solution***. Doctors recommend instead that you take breaks from looking at your computer (some advice 20 seconds looking away for every 20 minutes of work). The best solution for those who suffer with eye strain, headaches and other physical symptoms when staring at a computer or electronic device all day are Irlen Spectral Filters. Irlen Spectral Filters allow you to stay on these electronic devices for extended periods of time without experiencing physical symptoms. They work by blocking out the exact colours of light which are causing physical symptoms and reading difficulties. The tint is individually determined so as to provide optimum brain function and maximum protection for the brain, while protecting health and well-being throughout the day.

For more information or self-test visit www.aaic.org.au or contact the Irlen Dyslexia Centre Taree on 0409 653 700/irlentaree@gmail.com.

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Spring is my favourite time of year. I love the flowers, and fast growth in the veggie gardens. It's especially good this year, with socialising back on the agenda! Tarts & quiches are perfect spring-time fare since they can be enjoyed warm with veggies, or cold with salad.

I'm a big fan of fresh local produce for nourishing our bodies. Head to Nabiac Market on 27th November; Thursday produce market in Taree; Gloucester Farmers' Market on 13th Nov; & Forster Farmers' Market on 20th November.

Caramelized onion, goat's cheese & mushroom, gluten-free tart. Vegetarian.



Nutrition overview-

- This delicious tart is high in protein – with eggs, almond, flax & cheese.
- It pairs well with salad or green veg such as broccoli or asparagus.
- The mushrooms, almond meal & eggs are high in B-group vitamins
- Eggs & almond provide healthy fats
- Rocket is part of the brassica family and provides essential micronutrients

& glucosinolates which are purported to have anti-cancerous properties

- With healthy fats, protein and carbohydrates, this tart is perfect for any meal!
- Turmeric has anti-inflammatory benefits when combined with black pepper
- It's also nice served cold
- Add a few pieces of pineapple & ginger on the side, to boost digestion and vitamin C.

Ingredients:

Base

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- 1 1/5 cup almond flour. Non-GMO. (Can use almond meal for an earthier flavour)
- 2 1 small baked sweet-potato (bake several spuds in the oven for up to an hour then scoop out the flesh from one). Save the rest for other meals.
- 3 1 egg (pasture raised. Room temp is best)
- 4 1 spoonful organic flax meal
- 5 dried mixed herbs
- 5 turmeric, black pepper & 1 grind salt (optional)

Filling

- 1 3 cloves garlic
- 2 1 large onion, with a dash of balsamic for sautéing
- 3 6-7 large eggs (pasture-raised) for the filling
- 4 turmeric, black pepper and a little salt
- 5 3-4 oz of goat's cheese or feta
- 6 handful of rocket (arugula) or spinach
- 7 grated cheese for top (pasture raised)
- 8 5-6 medium mushrooms, sautéed in butter.
- 9 1 teaspoon real butter for cooking
- 10 avocado oil for sautéing

Method:

Filling:

- 1 Slice the onion & cook over a low heat in avocado oil & real butter
- 2 Add 1-2 teaspoon brown sugar and a dash of balsamic vinegar and sauté for around 15 mins, add the mushrooms and continue to cook, allowing the mushrooms to dry out a little. If they are too soft, they'll create a soggy base
- 3 add the garlic near the end of cooking
- 4 chop a handful of rocket and add near the end of cooking the onions and mushrooms
- 5 lightly beat the 6-7 eggs.

Base:

Place the ingredients into the food processor and pulse until just mixed.

*pre-heat oven to 180c or 356f

- 1 Place 1-5 cups almond flour to the food processor
- 2 add the flesh of one small/medium baked sweet potato
- 3 add a dessert spoon full of flax meal
- 4 Lightly beat the egg and add turmeric, black pepper and 2 grinds salt to taste. Add the egg mix to the food processor
- 5 2 teaspoons dried Italian herbs or herbs of choice

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- 6 Press the base mixture into a lined quiche dish to a depth of around 1/4 inch or 6 mm. If it is sticky, dust it with more almond flour to make it easier to use
- 7 bake base for around 25 mins in moderate oven
- 8 add the onion mixture, the eggs, along with the goat's cheese, then top with grated cheese and bake for another 25 mins – until set.
- 9 Remove tart from the oven and allow to sit for a few mins to set. Enjoy.

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Laura



*My tolerance for idiots is extremely low today. I used to have some immunity built up, but obviously there is a new strain out there.

*As I watch this generation try and rewrite our history, one thing I'm sure of ... it will be misspelled and have no punctuation.

*Sorry I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.

*Turns out that being a "senior" is mostly just googling how to do stuff.

*Do you ever get up in the morning, look in the mirror and think "That can't be accurate."

*I want to be 14 again and ruin my life differently. I have new ideas.

*Teacher: Give me a sentence which includes the words: defence, defeat, detail.

Student: When a horse jumps over defence, defeat go first and then detail. (quick wit)

*I'm on two diets. I wasn't getting enough food on one.

*Apparently RSVPing to a wedding invitation "Maybe next time," isn't the correct response.

*I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.

*My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen and I have no clue where the music is coming from.

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Some Funnies

A man on his Harley was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, God said, 'Because you have tried to be faithful to me in all ways, I will grant you one wish.'

The biker pulled over and said, 'Build a bridge to Hawaii so I can ride over anytime I want.'

God replied, 'Your request is materialistic; think of the enormous challenges for that kind of undertaking; the supports required reaching the bottom of the Pacific and the concrete and steel it would take! I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.'

The biker thought about it for a long time. Finally, he said, 'God, I wish that I, and all men, could understand women; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, why she snaps and complains when I try to help and how I can make a woman truly happy.'

God replied: 'You want two lanes or four on that bridge?'

An Airbus a380 is on its way across the Atlantic. It flies consistently at 800 km/h at 30,000 feet, when suddenly a Eurofighter with Tempo Mach 2 appears.

The pilot of the fighter jet slows down, flies alongside the Airbus and greets the pilot of the passenger plane by radio: "Airbus, boring flight isn't it? Now have a look here!"

He rolls his jet on its back, accelerates, breaks through the sound barrier, rises rapidly to a dizzying height, then swoops down almost to sea level in a breathtaking dive. He loops back next to the Airbus and asks, "Well, how was that?"

The Airbus pilot answers: "Very impressive, but now you look!"

The jet pilot watches the Airbus, but nothing happens. It continues to fly stubbornly straight, with the same speed. After 15 minutes, the Airbus pilot radios, "Well, how was that?"

Confused, the jet pilot asks, "What did you do?"

The Airbus pilot laughs and says, "I got up, stretched my legs, walked to the back of the aircraft to use the washroom, then got a cup of coffee and a chocolate fudge pastry."

The moral of the story is:

When you are young, speed and adrenaline seems to be great. But as you get older and wiser, you learn that comfort and peace are more important.

This is called S.O.S.: Slower, Older, but Smarter.

Dedicated to all my friends who are like me, now realizing that it is time to slow down and enjoy the rest of the trip. Dedicated to the seniors among us.



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REAL KULTCHA

Confession Time. In my last literary masterpiece I said Novak Djokovic was going for a Golden Grand Slam in the US Open tennis final. For those of you who might be interested, a Golden Grand Slam has the player (male or female) winning the four majors in the same year (Australian {on a synthetic surface}, French {clay}, Wimbledon {grass} and the US {synthetic again}) and then taking out the Olympic Games' gold medal. As tennis has only recently been returned to the Olympics, this is a newish opportunity and it only comes around every four years. It's fair to say therefore, it's a biggy! Well, I got it wrong. Alexander Zverev defeated Novak in a semi-final in Tokyo so a Golden Grand Slam at the US Open wasn't up for grabs after all!

BUT, did any of you mental paraplegics spot it and let me know? Just one, that's how many. And he's an old school friend and I have to admit, was quite gentle in how he informed me of my clanger. And that just goes to show we writers (and sports dribblers) aren't always right! What do you expect from somebody who follows St George (I've got several shirts and even a jersey with my name on the back) and St Kilda (yep, more shirts and even some work socks). If you're really upset then why not have a go at writing your own 900-word rant for the editor of this Internationally acclaimed newspaper! **Have a go, ya mug!** What have you got to lose, besides your physical lethargy and your mental torpor!

Meanwhile, the annual cricket Big Bash comps have begun. I have to admit I'm a bit old ("How old?" I hear you shout. Let's say, it's been a few years since I saw my 70th birthday cake!) but I was mightily impressed with the standard of cricket played in the first couple of Lady's matches. Several of the catches will not be equalled in the men's comp, the fielding was very impressive and I'm still getting used to seeing a young girl (and several of them were in their teens) field the ball just inside the rope and throw the ball back to the wicket-keeper, on the full and within a (and here I'm showing my age) foot of the bails! When I was young, girls didn't throw things with such vigour (and accuracy) because it wasn't considered lady-like. The games I've seen so far have been thrilling to watch and I'll be watching for the rest of the comp.

With regard to the football grand finals, I managed to pick one: *The Melbourne Demons*. *The Storm* got swamped and when the dust settled, *The Penrith Panthers* had pinched the lollies from Wayne Bennett's *Bunnies*.

And speaking of Wayne Bennett, the ARL has decided (over objections by the other clubs) to expand the NRL to 17 teams for the 2023 season. And who got the guernsey? The Redcliffe Leagues Club – *The Dolphins* – just to the north of Brisbane got it. And what's all this got to do with Wayne Bennett? He's been appointed their coach, that's what. The team will play the bulk of their games at Suncorp Stadium, some at their own field at Redcliffe and some on The Sunshine Coast, drawing in fans from as far north as Gympie, Nambour and Noosa. The old fox was very tight lipped (like he always is) when his contract with *The Bunnies* ended after the Grand Final appearance and didn't everybody think they'd sign him up to another contract, seeing he'd got them to *The Big Dance*? As usual, the dribblers got it wrong. You should also be aware *The Dolphins* have some pedigree. Their favourite son and arguably one of Australia's greatest players, was Artie Beetson. It's a shrewd selection by the ARL as most people were expecting the Central Coast (Gosford) would get the nod in any expansion talk. It may yet but not this time.

The Child Bride and I have been watching the MLB games (that's US baseball – please try to keep up) and it came as a bit of a surprise when we noticed we've managed to record 28 games! Don't know what we've clicked, touched or prodded on the remote (it may even be the result of it once falling on the floor) but we have a veritable cornucopia of sports to watch between now and well into next year. Sorri, we refuse to watch *The Bachelorette*, *Love Island* or *The Farmer Wants a Wife*: they'll turn your brain to mush.

And finally there's our Chloe McCardel. On 13th October she swam The English Channel for the 44th time! If you dig just a little deeper though, you'll discover she swam the Channel for the 42nd time on 21st September, backed up for her 43rd crossing on 7th October before hitting the water again a week later for her 44th! That's impressive any way you look at it! She now holds the record for the most English Channel swims by **anybody**! And would you believe in 2015 she made three (count them: one, two, three) crossings of the Channel in just 37 hours!!! Oh, and if that doesn't grab you, she also holds the record for the longest, unassisted ocean swim of 77 miles (124 kmls) from South Eleuthera Island to Nassau in the Bahamas. I'm tired just reading all that!

Talk at you next month,

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Let's Talk Big Head & Calcium Deficiencies

The condition **'big head'** was first diagnosed in Australian horses grazing subtropical pastures in 1974. Since then it has been widely recognised in horses grazing buffel, pangola, setaria, kikuyu, green panic, guinea and signal grass. These tropical grasses, planted along the seaboard of Australia, contain oxalate - a chemical that significantly interferes with mineral utilisation by horses.

In big head-producing grasses the major portion of calcium is present as crystalline calcium-oxalate which is insoluble, making the calcium unavailable for absorption in the horse's gut. Grasses with more than 0.5% oxalate are capable of inducing big head.

There are three clinical manifestations of the big head described in Australia: ill-thrift, lameness, and swelling of the facial bones in the skull. Horses suffering ill-thrift have harsh coats and lose condition, even while grazing adequate pasture.

The most severe changes occur in the skull bones - notably the jaws, maxilla, mandible and nasal bones - which often swell, giving the disease the expressive name of 'big head'.

Affected animals can only be treated by correcting the imbalance of calcium and phosphorous, however the good news is that even severe lesions throughout the horse's body may disappear with correct treatment. It can take 4 to 12 months to re-mineralise the bones and although some horses will never fully recover most can!

With the correct calcium and trace mineral supplementation subtropical grasses can be made safer and great for horses. Further-

more even horses grazing on non-hazardous pastures need mineral supplementation. So, what are the options for supplementation?

A supplement for use in grazing horses has to be inexpensive, high in calcium, palatable, consumed in sufficient quantity to promote storage when supplied regularly, able to correct the phosphorus deficiency and be safe in the long term.

There are now many different options on the market for calcium. Lick blocks, powdered supplements and balancer pellets are three of the most popular forms. Jenquine's Calsorb Lick Block and Bone Formula Supplement, and Pryde's High Cal balancer pellets have fast become the go to products for horse owners.



If you believe your horse may be calcium deficient or need guidance with feeding and supplementing your horse contact the team at Mustang & Co Saddlery & Rural, who will be more than happy to help!

**The information above was provided by Dr Jennifer Stewart, a highly regarded Equine Veterinarian and Nutritionist and the creator Jenquine, whose Bone Formula and Calsorb supplements are considered two of the best scientific based products on the market for helping prevent and treat calcium deficiencies.*



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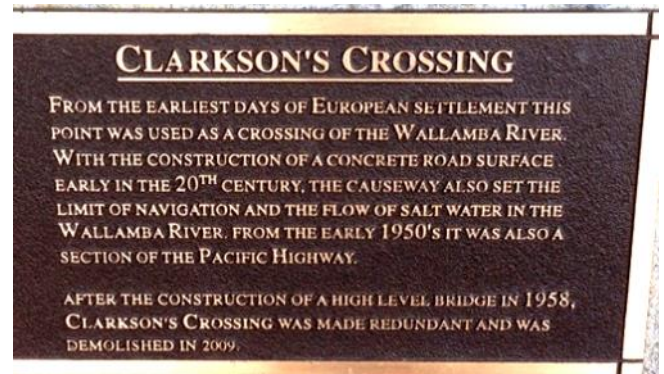
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Paul D'Elboux

.....a bridge is very badly needed over the Wallamba River, at Clarkson's Crossing. It is an ugly place for a stranger to ride or drive into, even when the water is clear and low, but as the depth is affected by the tides, the crossing is rendered uncertain and positively dangerous. Fatal accidents have occurred, and it is a matter for surprise that more have not taken place. At the present time children have to cross to and fro to school, walking on some poles laid over the stream, which is of considerable width. A suitable bridge — which the amount traffic at the crossing and the liability of accident demand — would not be a very expensive undertaking. The Government would only be doing an act of justice if they had a bridge constructed, and we hope soon to see steps taken for this purpose. If an application were made to the Minister for Public Works, who knows the locality, he would probably see his way to place an amount to cover the cost of the structure on the next Estimates.



In case the plaque is unreadable for some "From the earliest days of European settlement this point was used as a crossing of the Wallamba River. With the construction of a concrete road surface early in the 20th century, the causeway also set the limit of navigation and the flow of salt water in the Wallamba river. From the early 1950's it was also a section of the Pacific Highway. After the construction of a high level bridge in 1958, Clarkson's Crossing was made redundant and was demolished in 2009.

I'd viewed Leonie Bell's collage in the Supper Room of the NABIAC Showground Hall a number of times and it was just this week that I noticed she had included the words of Les Murray's very special poem about the flooding of the old Highway Crossing.

"Louise Collins, Secretary NVFG

UPRIGHT CLEAR ACROSS".

It's like when, every year, flooding
In our river would be the first to cut
the two-lane Pacific Highway,
We kids would pedal down barefoot

to the long ripple of the causeway
And wade, deep in freezing fawn energy
ahead of windscreens slashing rain.
We were all innocent authority.

The through traffic was mostly wise
enough not to try our backroads
So we'd draw the north Coast back together,
Its trips, its mercy dashes, its loads,

slow-dancing up to our navel
maybe with a whole train of followers.
Each step was a stance, with the force
coming all from one side between shores.

Every landing brought us ten bobs and silver
and a facing lot with a bag on their motor
wanting us to prove again what we
had just proved, that the causeway was there.

We could have, but never did, lose our footing
Or tangle in a drowning fence
from which wire might be cut for towing —
And then bridges came, high level,
and ant-logs sailed on beneath affluence.



Does anyone know or recognise these two men???



Sam The Handy Man Can.....

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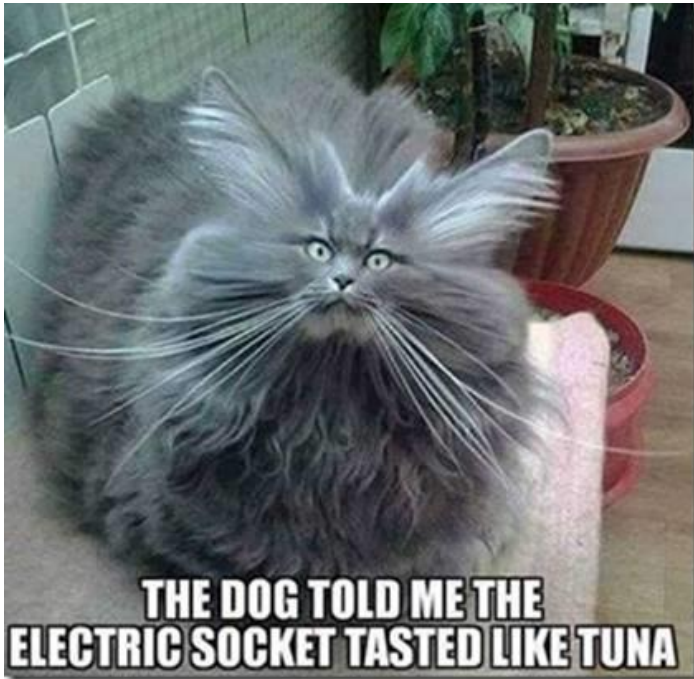
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**THE DOG TOLD ME THE
ELECTRIC SOCKET TASTED LIKE TUNA**

His wife's graveside service was just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance.

The little, old man looked at the pastor and calmly said, 'Well, she's there.'



"THE RECIPE SAID TO SIMMER UNCOVERED!"



WHEN MOM CALLS YOU

BY YOUR FULL NAME

My wife said when I pass she would go the extra mile to give me the burial I deserve



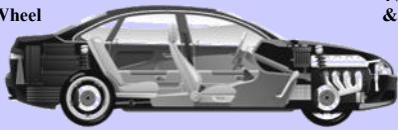
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Step 3: prepare your home for bushfire

CHECKLIST TIME – there's a list of things to do to prepare your home and your yard before a bushfire threatens.

And if you're on a farm or large property – there's a checklist for you too.

"A well prepared home is easier to defend against fire, and it's safer for you and for our volunteer firefighters," MidCoast Council's Mayor David West explained.

"Get started by heading to the website and find the 'Step 3' information plus the Bushfire Survival Plan document. You'll find the NSW RFS Get ready videos there – for preparing your home, your yard and your rural property. The Plan has a checklist for preparing your home and yard."

If you can't physically do the work yourself, please don't hesitate to ask your family, friends or engage a service to help you. And if you have limited support from these sources, then the NSW RFS's AIDER service may be able to help you.

There's information at rfs.nsw.gov.au or you can call 8741 4955 or email aiders@rfs.nsw.gov.au.

"We want to make sure everyone's home is as well prepared as possible each fire season," said Mayor West.

It's a fact that many homes are under-insured for bushfire, and can't be rebuilt for the amount they are insured for.

"This week, pull out your home insurance policy and review it. Check your insurance policy, and talk to your insurer if you think this might be the case."

Place a copy of your insurance documents in the emergency kit, or make sure you have the "Know Risk" insurance tracker app on your phone to keep track of your policies.

Once you've ticked off the jobs in the Bushfire Survival Plan Step 3, you'll be well prepared at the start of fire season.

Get ready step 4: when a bushfire starts

BE AWARE OF BUSHFIRE ALERTS AROUND YOU, especially during the fire danger season.

"The first way to keep updated is to watch for the NSW RFS Fire Danger Ratings, which are issued daily and are specific for your area. Roadside Fire Danger ratings signs are located throughout the Mid-Coast, or you can check the fire information each day at www.rfs.nsw.gov.au," said Mayor West.

"As the fire danger ratings increase, you should be following your bushfire safety plan. At severe and extreme ratings, **the safest option is to leave early – don't wait to see what happens.**

"At a catastrophic fire danger rating, your only option is to leave early. No homes are built to withstand fires in catastrophic conditions and it is not safe to stay and defend your home."

During a bushfire, the RFS will issue alerts, which give you an indication of the level of threat from a fire. The **Advice** alert means a fire has started, and there is no immediate danger. You should stay up to date in case the situation changes.

The **Watch and Act** alert means there is a heightened level of threat and conditions are changing. You need to start enacting your bushfire survival plan.

The **Emergency Warning** alert is the highest level of bushfire alert. You may be in danger and need to take action now.

"The RFS says you should not wait for an alert – some fires start and spread so quickly there may not be any time for a warning.

Remember, leaving early is the safest option for your survival," said Mayor West.

"Downloading the fires near me app to your phone is one of the best ways to make sure you know when a fire starts, you can set to be alerted when a fire starts near you."

Otherwise, stay aware at the RFS website, via the RFS information phone line 1800 679 737 or via the NSW RFS social media sites.

During a fire emergency, you should tune into the emergency radio broadcaster, ABC 95.5FM.

You can subscribe to Council's weekly News Wrap email newsletter to follow the step-by-step guide to Get Ready this year at: <http://eepurl.com/gYTz5X>.

Step 5 Before and during a bushfire: look out for each other

As households complete their bushfire Get Ready plan this week, Mid-Coast Council is urging everyone to register their plan via a 30 second survey.

"We want every home on the MidCoast to have a bushfire survival plan this year, so make sure you, your family and your neighbours get ready following the steps on your household copy of the Get Ready plan," said Mayor David West.

You can visit haveyoursav.midcoast.nsw.gov.au/getready to download and complete the Get Ready plan, and the 30-second survey to register is there also.

"The survey only asks two questions – do you have a Get Ready plan, and your postcode. Nothing could be easier – and it's anonymous," said Mayor West.

"Importantly, it helps us understand which regions have Get Ready plans in place, and where we might need to provide further assistance to help people Get Ready."

A five week campaign is underway to guide you through the five steps to Get Ready, focussing this week on step 5 – looking out for each other.

"MidCoast people have big hearts – and they're very good at pulling together in tough times. I have no doubt that now we've worked through the steps to prepare our own bushfire survival plans, everyone will embrace this final step – looking out for those around us who may need help to put their plans in place."

Share the bushfire survival information with your family, friends, neighbours and those who may need assistance – especially older neighbours, and people with a disability.

There's handy information to share with people with a disability, on the Resilience NSW website here: emergency.nsw.gov.au

Make sure older neighbours have prepared their homes for bushfire season, and they have completed the Get Ready plan.

"Write down the names and phone numbers of anyone who is vulnerable, or may need your help during a fire emergency – it's the last item on your bushfire survival plan.

"In an emergency, make sure you call them early and help them leave early too.

"It's important to have conversations with family, friends and neighbours before an emergency happens – it can help everyone be more prepared."



NEW DINE & DISCOVER VOUCHERS COMING SOON

Customers in Myall Lakes will have more reasons to celebrate catching up with friends and family this summer with two additional Dine & Discover vouchers up for grabs for NSW residents.

Member for Myall Lakes, Stephen Bromhead said the expanded program will support residents across the community and encourage economic activity as part of the government's economic recovery strategy.

"This is about supporting people to get out and have a meal or spend the day discovering their community while supporting businesses," Mr Bromhead said.

"We experienced the success of the Dine & Discover program when we reopened last time, which is why we are doubling down efforts with an additional two \$25 vouchers - one for Dine and one for Discover venues.

"We are backing our businesses and helping hip pockets by expanding the program, in addition to extending existing vouchers until the end of June 2022."

Mr Bromhead said the vouchers would again be delivered via the ServiceNSW app.

NSW residents aged 18 years and over who are yet to apply will be able to do so until the program ends and will receive all six \$25 vouchers.

More information will be made available in the coming weeks on the nsw.gov.au website.

SUPPORT FOR NSW WOMEN'S WEEK EVENTS

Women and girls across NSW will benefit from a range of community, education and mentoring opportunities during 2022 NSW Women's Week thanks to a \$100,000 grants program from the NSW Government.

Member for Myall Lakes, Stephen Bromhead encouraged local councils and not-for-profits to apply for a share of the funding to host events between 7 to 13 March 2022.

"This week is about recognising women from the Myall Lakes and celebrating their diverse contributions," Mr Bromhead said.

"We are looking for events that not only bring women and girls together in a COVID Safe setting but also provide practical support to help women across the region."

Events should support at least one of the key priorities of the NSW Women's Strategy 2018-22: improving women's financial wellbeing and security; encouraging a holistic approach to health and wellbeing or helping women to build confidence and celebrate their achievements.

"Women from all walks of life will be celebrated during NSW Women's Week including women living in our regional and rural communities, Aboriginal women and women from culturally and linguistically diverse backgrounds," Minister for Women, Bronnie Taylor added.

Previous successful events include a leadership workshop run by the Wagga Aboriginal Women's Group and a mental health and resilience event hosted by the Altholwood Country Women's Association.

Apply for the NSW Women's Week Grants Program before 15th November 2021 <https://womensnw.smartvgrants.com.au/WWG22>

ALFRESCO RESTART PACKAGE ANNOUNCED

The streets of the Myall Lakes community will come alive post-lockdown, thanks to a raft of initiatives and \$66 million in funding that will see alfresco dining, outdoor activations and events return.

Member for Myall Lakes, Stephen Bromhead said the local hospitality industry had borne the brunt of the recent lockdown and the NSW Government was committed to supporting them.

"We're ripping up red tape and getting Government out of the way to let businesses do what they do best," Mr Bromhead said.

"We want to give our restaurants, bars, cafes and venues the ability to open up more than they have before and welcome more customers to enjoy a bumper summer.

"Alfresco dining is not only a great way to dine, it's a safer way to socialise as we open up. After a long winter, it's time for the community to enjoy a meal or drink in the sunshine and the NSW Government is committed to helping businesses do that in time for summer."

Mr Bromhead said the Government's Alfresco Restart Package will help businesses get back on their feet after a long winter in lockdown.

"After many months in lockdown, the community is ready to enjoy themselves, so we've thrown out the rule book with new temporary alfresco measures, while also making last year's trials permanent," Mr Bromhead said.

"In addition to the permanent easing of rules for dining on footpaths and public spaces, we're temporarily allowing outdoor dining on privately-owned bowling greens and carparks, meaning businesses can expand outdoors on almost any piece of land they own to welcome more customers."

The Alfresco Restart initiatives being rolled out from November include:

The Festival of Place - including the Long Summer Nights Program at the Rocks, Darling Harbour and The Domain, Streets as Shared Spaces Program, Summer Night Fund Program and Open Streets Program;

Emergency temporary alfresco measures for outdoor dining in parks or on private land with the owner's consent; and

\$5,000 grants for hospitality businesses to establish new alfresco settings;

Permanent outdoor dining as an exempt development for pubs and small bars state-wide.

This package is part of the NSW Government's efforts to slash red tape and support businesses and communities to recover from the pandemic.

Affordable strength and balance classes for over 50s

An exciting and affordable exercise program for people aged 50-100+ has re-launched at five locations in the MidCoast, supported by Mid-Coast Assist. Now is the time to rebuild your strength after the COVID-induced period of hibernation.

Living Longer Living Stronger is an innovative strength and balance program for older people. It involves progressive resistance training to improve your strength, balance and mobility, as well as having benefits for your overall energy and vitality.

The program was developed by COTA (Council on the Ageing) Australia. *Living Longer Living Stronger* instructors have all undertaken specialised training with COTA NSW which covers the needs of older people and how to work with the types of injuries and conditions that affect older people.

Living Longer Living Stronger is reasonably priced, with an initial assessment to develop a personalised program costing between \$25 and \$50. From there classes are \$10 per session.

Contact one of the below centres for more information

Forster: Great Lakes Leisure Centre (YMCA), 6591 7199 or admin.greatlakes@ymcansw.org.au

Gloucester: Michelle Gunn, 0438 636 377 or michellegunn2305@gmail.com Harrington: Toni Gore, 0423 059 839 or tgshc888@gmail.com

Taree: Manning Leisure Centre (YMCA), 6550 0500 or man-ning@ymcansw.org.au

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Alas, where has all our innocence gone?

While I sat in the reception area of my doctor's office, a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over to the wheelchair. Placing his hand on the man's, he said, "I know how you feel. My mom makes me ride in the stroller too.."

On the way back from a Cub Scout meeting, my grandson innocently said to my son, "Dad, I know babies come from mommies' tummies, but how do they get there in the first place?" After my son hemmed and hawed awhile, my grandson finally spoke up in disgust, "You don't have to make up something, Dad. It's okay if you don't know the answer."

As I was nursing my baby, my cousin's six-year-old daughter, Krissy, came into the room. Never having seen anyone breast feed before, she was intrigued and full of all kinds of questions about what I was doing. After mulling over my answers, she remarked, 'My mom has some of those, but I don't think she knows how to use them.'

God's Plan for Ageing (reminder notice)

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

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

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

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

Don't think my creaking bones quite agree with this!

A husband and wife are on the 9th green when suddenly she collapses from a heart attack! "Help me dear," she groans to her husband.

The husband calls 911 on his cell phone, talks for a few minutes, picks up his putter and lines up his putt. His wife raises her head off the green and stares at him.

"I'm dying here and you're putting?"

"Don't worry dear," says the husband calmly, "they found a doctor on the second hole and he's coming to help you."

"Well, how long will it take for him to get here?" she asks feebly.

"No time at all," says her husband. "Everybody's already agreed to let him play through."

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After every flight, UPS pilots fill out a form, called a "gripe sheet" which tells mechanics about problems with the aircraft. The mechanics correct the problems, document their repairs on the form, then pilots review the gripe sheets before the next flight.

Never let it be said that ground crews lack a sense of humour. Here are actual maintenance complaints submitted by UPS pilots ("P") and solutions recorded ("S") by maintenance engineers:

P: Test flight OK, except auto-land very rough.

S: Auto-land not installed on this aircraft.

P: Dead bugs on windshield.

S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent

S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.

S: Evidence removed.

P: DME volume unbelievably loud.

S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.

S: That's what friction locks are for.

P: IFF inoperative in OFF mode.

S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.

S: Suspect you're right.

P: Number 3 engine missing.

S: Engine found on right wing after brief search. - love this one Ed

P: Aircraft handles funny.

S: Aircraft warned to: straighten up, fly right, and be serious.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.

S: Cat installed.

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from midget



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except December.

Next market Saturday **27th November** – Hope you can come! Guidelines for entry will be posted on social media before the upcoming market.

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*Unique artisan wares *children's clothes *fresh produce, *flowers
*wine *cheese *plants *culinary delights *fresh lemonade
*chutney *pasture-raised meat & eggs *honey *coffee **Garden art
*chooks *dog treats *beer *seedlings *jewelry
*Sourdough bread *market BBQ *yummy food to take-away.



Come along and see how many local gifts and fabulous products you can source at the last market for the year: Honey, wine, beer, olives, olive oil, spices, gingerbread, preserves, chutney & relishes all keep well, so this is a perfect opportunity to purchase as gifts and for your own pantry.

Buy local, pasture-raised meat to pop into the freezer, fresh eggs and seedlings to plant out.

Need some more ideas? Jewelry, pottery, soaps, pooch pressies, plants, art, textiles, crafts, a huge range of plates, mugs & ceramic creations. Make up a hamper.



Market news:

The October market was fantastic! Thank you for everyone who attended to make it a successful morning.

Here's some photos taken by stall holder **Trudy – Ebsworth Pots**.

Love this stallholder perspective shot!

P & B Calder

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Beautiful- local fresh, healthy produce

The committee have had many discussions on how to best serve our community during this challenging time, which is not an easy task since much information is open to interpretation and it is impossible to please 100% of people.

In accordance with government guidelines, for the October market, vaccine status is not required by customers or stallholders, however this is set to change on the 1st November, which may have an impact on the next market on 27th November. We will keep you posted.

Let's buckle our seatbelts for another ride around the guideline's rollercoaster!

Market coordinator's update

We've had really strong support from community and charity stallholders this month: Red Cross Blood donations, Wallamba Football Club, and A German Shepherd Foster organisation. Several political stalls are also attending the October Market.

21 people have signed up to donate blood via Nabiac Farmers Markets so far, which is highly commendable and much appreciated.

It's great that the market plays an integral role in the wider community.

See you at the November market – BYO bags and be ready to shop local for Christmas.

We appreciate all our stallholders and customers.

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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Welcome to Debs Gardening,



I have a very heavily pregnant daughter waiting to give birth to my 3rd grandchild. We threw a baby shower for her in my garden, laid out a few blankets under the shade of a big date palm. In amongst the guest were a few children and I watched them play in my garden; they picked mulberries, played games finding my ornaments, wandered through the vegie patch. It was a very warm spring day so out came the hoses and I told them to water the garden and themselves too, they had so much fun. Mind you there was a bit of a mess to clean up after them but I did it with a smile on my face because it gave me such joy that they had so much fun in the garden. It kept them entertained for hours and the parents enjoyed the setting.

My garden is 6 years old and there was only lawn when I moved in. I started with a small garden bed and it has evolved. My favourite shop would have to be a garden nursery; when I am in town I am always at the nursery or at markets. If my partner sees me getting the plants out of the car he says "more shrubbery". Yes, gardening can be expensive. I watch those Lifestyle shows and they unload a truck with advanced plants, now that's expensive. My garden purchases are tube stocks, seeds, punnets or raiding friends' gardens, I very rarely buy big plants or spend a lot on a plant. Only on my birthday I buy myself a present or two. Gardening doesn't have to be expensive. Gardening is also my hobby and my therapy so what price do you put on a hobby or therapy.. Not like my other hobby - golf, now that can be expensive but that is another story.

This season I have a problem with bindies and weeds in the lawn; one is always problem solving with a garden. I sprayed them with a 4 parts vinegar and 1 part salt, teaspoon of dishwashing detergent solution - knocked them dead, but there was so many that I missed a lot. So I dedicated 1 hour of an afternoon getting down and digging the bindies and weeds out by hand (very therapeutic). By this time they had gone to head and I didn't want to put them in the compost or on the garden so I put them in a plastic bucket, filled it up with water and let them drown for 4 days. I knew when it is ready the liquid starts to smell but the only thing was it bought the blowflies so don't put it near the house. I drained the liquid and poured it on the plants. It was a beautiful fertiliser, the plants are powering and remainder is used as mulch. Bring on weeds; they have a great purpose...

Another problem was that I had an infestation of aphids on the Broad beans. I let it go and didn't do anything about it because I noticed that the lady beetles were doing their job, however there was more than they could handle, so while I was picking the beans I shook the plants and the aphids fell off. They caused a bit of damage but I planted so many broad beans that there is plenty to share with Mother Nature too. I could have sprayed but I got what I needed. It is time to pull out the broad beans and turn them into the soil. Gardening has always got its challenges but that is what I love about gardening.



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Well it is time for me to get out in the garden and find out where that damn rodent is getting into the vegie garden and making burrows,; thought I had it solved.

Oh well, until next time, stay safe, sane and a reminder that the purpose in life is to stay happy.

Deb

Lyn's Larder

With Christmas looming try out this easy, one bowl fruit cake for something to serve to visitors. Simple and quick, just ONE bowl!

I have had to convert oz to gm as it is an old recipe so I have put both measurements in

FARMHOUSE FRUITCAKE

INGREDIENTS

Oz	gram	
6	170	Margarine
6	170	Castor Sugar (6 rounded tablespoons)
3		Eggs - large
10	284	Mixed, dried fruits, washed and dried
2	57	Mixed, cut peel
2	57	Glaze cherries, halved
8	227	Plain flour (8 heaped tablespoons)
½		Level teaspoon baking powder
½		Level teaspoon mixed spice

METHOD

Sieve the flour, baking powder and mixed spice together into a bowl.

Add the rest of the ingredients into the bowl and beat the lot with a wooden spoon until well mixed, about 2 / 3 minutes.

Place in a greased and lined round 7" (18cm) tin. Smooth the top with the back of a metal spoon.

Bake in a pre-heated moderate oven (325f or 160c on the middle shelf for 1½ - 1¾ hours

Leave in the tin for 2-3 minutes then turn out and cool on a wire tray.

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Good Medicine

Journey of Life

Early in the twentieth century an advertisement appeared in a London newspaper: "Men wanted for hazardous journey. Small wages, bitter cold, long months of complete darkness, constant danger. Safe return doubtful". These words were written by Sir Ernest Shackleton, the famous South Pole explorer. There was such an 'overwhelming response' to this ad that he commented it seemed as though all the men in Great Britain wanted to accompany them.

"Shackleton's words remind me of the words of Jesus in Matthew 16:24, *If anyone desires to come after me, let him deny himself, and take up his cross, and follow Me*". Jesus knew He was going to Jerusalem to suffer and be killed and was "calling people to go with Him on a hazardous journey ... "the way of the cross".

Recently I watched the children's version of Pilgrims Progress on DVD. I have never read the book ... thinking of it as a bit musty ... but the DVD was great.

It tells the story of Christian's travels from his city of darkness to the celestial city. He meets many people along the way and has a variety of 'adventures' and experiences ... some people help him or travel with him while others give him bad advice. Sounds a lot like life doesn't it? Yes it's meant to be a picture of our life's journey. At one point he comes to Legality Hill covered with laws written on tombstones with ever more popping up when a 'judge' at the top bangs down his gavel. Meant to represent rules we put on ourselves to obey or follow as a way to heaven ... 'don't waste a minute' was one I could relate to.

Along with all the components of a children's story ... adventure, mystery, goodies, baddies, lions and dragons, flying attackers ... is the ever present message threading through of finding the right path and persisting through hardship and difficulty. My granddaughter asked 'is he ever going to get there', and sometimes we say 'I'm getting there' ... but do we know **where** we're going?

The book was written by John Bunyan in the 1660's while he was in jail for holding 'unlawful' church meetings outside of the established church of that day. Even though he was a non conformist, the book

he wrote has been one of the most published religious books and never been out of print since 1678. I would recommend the DVD and now think I will read the book.

Many people today follow Jesus ... in countries where there is persecution the journey might be as dangerous as a trip to the South Pole in the 1920's but, for all who answer Jesus' invitation there is salvation and the abundant life that Christian searched for in Pilgrims Progress.

'I have come that you might have life in all it's fullness' *John 10:10*.

One report about the pandemic says it has caused many Australians to experience a spiritual search and think more about God and the meaning of life.

Jesus said, 'The one who comes to Me I will by no means cast out' *John 6:37*.

Quotes from ourdailybread.org

The Counsellor

Remember if you want to know what is happening in Nabiac, just look it up on the web - nabiac.com
If you want to advertise an event, visit the web site and click SUBMIT

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	0400 298 330
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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

November Mass times are Saturday 6th at 6:00pm - Saturday 13th at 6:00pm - Saturday 20th at 6:00pm
(contact **Helen Legg** on 6559 1211)
December Mass Saturday 4th at 6:00pm

Krambach Bible Church (a ministry of Wingham Presbyterian)

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

St Paul's Anglican Church, Nabiac

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

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

St Isidore's Catholic Church, Nabiac

November Mass - Saturday 27th at 6:00pm

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6554 1326

Barb's Hair care...

0431 168 318

Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hello everyone,

Barb and I would like to wish *Haylan* and *Jess* luck and love for the birth of their baby, which is due any minute. We will keep everyone informed.

Now on that note, Barb is working some Fridays as well. We are doing our best to accommodate everyone, but there is only the two of us. So please be patient.

There is not many spots left for Christmas so book early. As our borders open, we will follow all government guidelines to keep everyone safe. Now for the saying of the month:

**"You are born into your family and your family born into you.
No returns. No exchanges."**

Belinda 😊

Do you need a *Justice of the Peace*?

Then contact

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 (Dyers Crossing)

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

Karen Tyler, The Bucketts Way, Kundibakh on 0425 226 699

Kate McIntosh, on 5444 1144 or 0434 589 048 (Minimbah)

Chickens for sale

Mixed Breeds - Mixed Ages

Contact Sandra for more details on

0458 767 048

Casual Contractor Opportunity

Gardener / Labourer for family property at Bucca Wauka

Initially, two days per week, one of which must be Fridays. Additional work likely from time to time

Eight hour day at \$240 per day + GST

Applicants must have their own ABN

Some basic gardening experience would be welcome

Equipment will be supplied

Send Initial enquiries to

bunyahcreekfarm@gmail.com

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Laser Levelling - Construction - Civil
Driveways - Slashing - Seeding
Earth Rejuvenation

Forestry Dozer with Rake & Tree Pusher

Dam Building - Cleaning & Repairs

ABN: 81 126 182 723

GCE Earthworks

0414 837 124

Krambach

NO DRY HIRE

