

and it's FREE, too!

# ACROSS THE FENCE

## It's Happening

### Wallamba Agricultural & Horticultural Show

is going ahead

with the 2022 Show.  
19th March

New Events to see  
A Huge  
Tug O War  
Competition  
\$500 Prize

Fireworks  
Dog  
Cattle  
Horses  
Pet  
Show

Woodchopping

News from the Wallamba Watershed is a PRODS BOTTOM PRODUCTION



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## Editorial.

Hi all,

I hope everyone has had a wonderful Christmas and survived their New Year celebrations, now back to the normal every day life and getting the kids ready to, hopefully, send to school again.

I had a sad start to the Christmas beginnings, as Tilley Cat passed away the day I printed December's issue. She had a good innings as she was just over 20 years when she died. A lovely little friend for the short time I had her.

We have lost one of our regulars. NABIAC Hair and Beauty Salon has closed its doors. Shaz decided after 30 something years it was time to call it a day. I wish her all the best with her future and hope she finds retirement relaxing and enjoyable.

Krambach Hall is putting on another of its great Country Music days. Always a great day, details of date and time on page 28.

We have another new ad this month. Local resident Claire Matthews has a great service with supplying pet supplies on line, called Happy Tails Pet Supplies Details page 3.

As the front page implies, the Wallamba & District Agricultural & Horticultural show, better known as NABIAC show is going to go ahead this year. Because the decision was late in deciding, unfortunately the printed programmes are going to be a bit late. Some programmes are on the Show web page already and the Horse and Cattle should be on by the beginning of next week. If all goes well with my printer, the Hall, Kids, Goat and Poultry hard copies will be out by the end of the week.

Get your brains working and fingers busy with your entries for the hall.

Kate Landsberry is back with an update on the works of the Artists of the Wallamba Group with dates of Art shows to visit as well.

Our library is "open for business" so go visit and collect some reading matter or have a go at helping with the new jig saw puzzle that they are doing there.

Our local volunteer groups are all getting back into gear again, so if you have a spare few hours why not help out at the Op Shop or with the Landcare groups. It is a social outing as well as a good cause.

Having just spent the last two weeks down in the big smoke I have returned secure in the knowledge I have no desire to live there again permanently. Too busy, noisy and lacks the lovely serenity of our great areas around here.

Happy New Year to all

Lyn, Tilley Cat (in memory) & Timidthy



## WHAT'S HAPPENING IN FEBRUARY, 2022

### Markets & Events.

• Bulahdelah	(1st Sat)	5 <sup>th</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	6 <sup>th</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	12 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	12 <sup>th</sup>	
• Myall Quays	(3rd Sat)	19 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	(3rd Sun)	20 <sup>th</sup>	
• <b>NABIAC</b>	(Last Sat)	<b>not on</b>	8am to 12 noon
• Old Bar	(Last Sun)	27 <sup>th</sup>	7am to 1pm ???
• Pacific Palms	(Last Sun)	27 <sup>th</sup>	9am to 1pm ???
• Forster Town	(2nd Sun)	13 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	6 <sup>th</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	26 <sup>th</sup>	8am to 2pm Xmas ??
• Forster Farmers Market	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	26 <sup>th</sup>	8am to 1pm Xmas ??
• Burrell Creek	(2nd Sun)	13 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	19 <sup>th</sup>	
• Taree Rotary Book Fair	(3rd Sat)	19 <sup>th</sup>	7.30am to 12.30pm

Check out [barringtoncoast.com.au](http://barringtoncoast.com.au) for more info & confirmation

Phone Lyn on 02 6559 1811 Email: [paulreid@iprimus.com.au](mailto:paulreid@iprimus.com.au)

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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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VISION CHRISTIAN RADIO has been operating across Australia for over 30 years and currently has more than 750 stations across Australia 24 hours a day, seven days a week with coverage in major cities, regional and rural areas. Nabiac was the 737th station put on the air and covers the entire area on frequency 87.6FM. Vision is in the middle of a rollout of over 100 stations over three years to cover larger areas of Australia.

CEO Phil Edwards says of Vision radio "One of the things that people often say is that when Vision comes to their area, or they have access to it for the first time, is they immediately see the distinctive difference in our approach to what we do to the media in general." These sentiments are seen in some of the many comments and feedback we receive from supporters right across Australia

"I listen to Vision every night. Vision radio soothes me so I can sleep. I love the sermons, songs and testimonials. Thank you for being here for me. Yours thankfully. Xxx"

"Vision radio has been there for me during some very lonely dark days. I still have a long journey ahead of me, and I want Vision to be a part of it. Thanks also for offering communion on Sunday during COVID."

"During times of threats against me, without friends to help me, I was

deeply strengthened knowing God was there, knowing all I needed was to trust Him. Vision radio played night and day and affirmed what God was asking me."

In addition to radio, Vision also is the largest distributor of Bible devotionals in Australia. The Word for Today and Vision180 are provided to anyone, and over 160,000 are mailed to people free of charge every three months. These devotionals offer insights into Biblical passages to help people understand better and to grow in their faith in God daily.

One of the simplest ways to connect with Vision is through the app, available on Apple and Android platforms. The app gives access to daily devotions, heaps of podcasts, news, articles and the Bible – all in the palm of your hand. The app is available to download for free at [vision.org.au/app](http://vision.org.au/app) or by searching for Vision Christian Media in your app store.

More information or to access Vision resources can be found on the website [vision.org.au](http://vision.org.au).

Never leave home without a kiss, a hug and an "I love you." Then remove the dog hair from your mouth as you walk to the car.

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## Between the Pages

## Nabiac Library News



We're definitely celebrating 2022 with lots of new beginnings!!! Welcome to our first 2022 newsletter from Nabiac Library!!!! Woo HOO!!! Nabiac Library has re-opened!!! Volunteers, members and staff are glad to be together once more, enjoying all that our wonderful Nabiac Library has to offer!!

We have completed our first community jigsaw puzzle this year, it looks great, thanks everyone!!! I wonder which puzzle we'll next enjoy? Any thoughts, ideas or suggestions?



To catch up on January happenings, the two School Holiday Activity Events were lots of fun!!!

Anne, from Science on the Move, came in and taught the kids how to make a paper glider, a butterfly/robot that they changed the balance point and a tension tower.

Ollie, Byron, Josiah and Janaya had a great time, especially flying their completed gliders around the library.



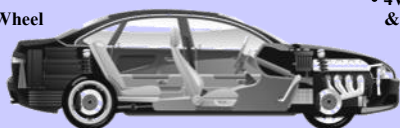
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Our second School Holiday Activity Event we did an Owl Craft activity, where we decorated an owl wall hanging. Finn made an owl in his favourite colour – Green. Super job Finn!!

Library Lovers Day 14<sup>th</sup> February is fast approaching. This year's theme is 'Show the Love'. It is about remembering what started your love of reading in your childhood or favourite stories for a child that you have read to. This year's display will have, you guessed it, **children's books!!!** Favourites from Nabiac staff too!! For more information about Library Lovers Day please visit <https://www.alia.org.au/libraryloversday> There's a colouring sheet, great ideas to celebrate and have fun, check it out, you'll be surprised, I was.

Be sure to check the library website for upcoming Tech Savvy Seniors workshops throughout 2022!! We're beginning with two Tech Savvy Seniors sessions at Nabiac Library late February. Please check the MidCoast Libraries website on the events link for the date and to register or you can call the library and one of our friendly volunteers will help you with your booking. Remember to also see other Events that interest you, it's all there on the MidCoast Libraries website, certainly worth a look to see what's on in our area!!

Our free online event "About a Book", which returns on February 8<sup>th</sup>, 7pm to 8pm via Zoom with some very special guest authors reviewing their favourite books, highly recommended!!

We're happy to see all your cheerful, smiling faces once again!!! 2022 will be what we make it. Let's determine it will be a dynamic year, filled with new beginnings, experiences, adventure and lots of fun.

Come visit Nabiac Library.

See you soon.



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## Show News



The 109<sup>th</sup> Wallamba District Show is going to be similar but different to the ones you remember. As mentioned previously, the **Wood Chop** will be back. They will conduct six competitions over the day, so plenty of time for everyone to get along and cheer them on.

We're keenly looking for up to 16 teams to compete in the newly introduced **Wallamba Tug of War Championship**. Winning team takes the prize, \$500. What a contribution to your sporting or social club that could be.

For those keen to work on their exhibit entries, the **Hall & Produce, Children's, Poultry** and **Goat** Schedules are now up on **nabiac.com** for you to view. The Horse and Cattle Schedules will shortly follow, along with hard copies. Do keep an eye on the website as that's where we're loading all the information you need about the 2022 Show.

Other exciting news this year is that the Wallamba District Show @ Nabiac is using on-line ticketing via 123Tix. This is an exciting new venture for us which will speed up entry into the Show and help us protect our patrons and volunteers by avoiding handling cash.

To facilitate the Association meeting its obligations under NSW Health COVID-19 restrictions, admission tickets for the 2022 Show will be available for purchase on-line through the Show website. We'll let you know when this goes live.

This is the preferred method for ticket sales. In order to further protect our Show volunteers, the Association is strongly encouraging the use of cashless ticket purchase at the gate. Though cash will still be an option. Cashless payment will be available at the gate for those patrons who have not purchased a ticket on-line.

We're also proud to advise the Wallamba District Show 2022 is holding the Group 2 Young Judges and Young Paraders competition as a feeder to the Royal Easter Show. This is an ideal platform to foster the next generation of leaders in agriculture.

Competitors aged between 15 to 25-years-old are required to build their knowledge on the livestock or produce in the competitions,

Hello Everyone,

**Happy Tails Pet Supplies** is a New Online Business based right here in Nabiac! Offering local pick-up in Nabiac's Town Centre.

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We look forward to helping you and your pet with anything you may need.

Thanks Everyone.

*Claire :)*

familiarise themselves with what the market is looking for and deliver a judgement on Show Day, or in the case of paraders, present and handle their animal for judging.

Traditionally, the event has attracted competitors who have grown up on farms or study agriculture at school or university, however, we welcome interested entrants who don't have this background. What a great way to better understand where Australian Agriculture is heading.

The consequences of COVID are still presenting themselves in the planning of the Show. We're working our way through this and hope the effects will be minimal on our day's enjoyment.

Please remember if you are looking for a way to assist your community, helping with the Show is a great option. There are lots of jobs to share in the set-up on Thursday 17<sup>th</sup> and Friday 18<sup>th</sup> March, or clean-up on Sunday 20<sup>th</sup> March. Feel free to roll up, you'll be greeted with a smile, a task, thanks and possibly a cuppa.

*Sally Henderson*

Secretary

Ph: 0420 397 463

E-mail: secretary\_wdah@outlook.com

Information: www.nabiac.com/show

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### MINIMBAH MATTERS

Minimbah Rural Fire Brigade wishes everyone a happy and safe new year, with less challenges thrown at you than has been the case in the past couple of years.



The weather conditions in recent months have been kind to us from a bush fire point of view, but who knows what the next couple of months will bring. Diversity seems to be the word of the month. Bush fires aren't getting much of a mention in our callouts, but motor vehicle accidents, structure fires, pile burns out of control and helping with floods/water damage situations, have filled the void.

We do ask people to **report unattended fires to triple zero (000)**, but quite often enthusiasm over-rides accuracy of reporting, especially from motorists driving on the highways. What sometimes appears to be a house on fire to a passing motorist, can actually be a smoky pile burn in someone's backyard with the owner, who has a permit, diligently sitting on the back veranda with a hose and rake at the ready. The driver may not stop to check and by the time they report the fire, they are 5km further into their journey and in an unfamiliar area.

Better to be safe than sorry we hear you say, but from a volunteer organisation's point of view, it is very frustrating to respond to these calls. Four or five appliances with upward of 20 volunteers would normally be turned out for a structure fire. When the fire is finally located and it turns out to be a legal pile burn, it is easy to see how far our resources can unnecessarily be stretched should there be another fire or a truck accident at the same time.

There will never be enough fire trucks to be everywhere, so please take that extra couple of minutes to be sure before you call triple zero. In a time-sensitive situation, accurate reporting is vital.

Fire Permits are still necessary and they come with the requirement to give your neighbours and local fire authorities 24 hours' notice of your intention to light up. Please call the **Mid Coast Fire Control Centre** on **1300 643 262** for answers to your burning questions and to find out the contact number of your local Permit Issuing Officer.

**FIRE PERMIT  
REQUIRED**



MINIMBAH RURAL FIRE SERVICE

The Nabcac Show committee is powering ahead with plans for the Show to proceed on 19th March, and we are right behind them with positive vibes. We have put our hands up to be there with our information booth during the day, and our fire truck and crew forming part of the compulsory safety crew for the Demolition Derby and the Fireworks. Look out for us and come and make yourselves known.

**We live with bush fires, so**



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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.

**H**appy New Year to all. Let's hope it's a better year for everyone. The Op Shop re opened after the Christmas break on 10<sup>th</sup> January, 2022. It has been quiet since we opened which could be due to Covid still hanging around and people are a bit reluctant to go out or everyone has taken this opportunity to visit family and friends now that we are allowed to travel.

We have safety procedures in place and the conditions of entry at the moment are wearing a face mask and scanning the QR code or signing in. Proof of vaccination is no longer required as per the Public Health Order for NSW. We have sanitising stations throughout the Op Shop and Shed so customers can continue to sanitise while visiting the Op Shop and Shed.

We have in place a coloured dotting system that tells the volunteers that all our customers have complied with our conditions of entry. So far it has been a success with customers. All is being done to keep the Op Shop and Shed a safe place for volunteers and customers. So come on in and enjoy a morning at the Op Shop and Shed.

Our \$5.00 bag of clothing sale was a great success and we will

continue to have these sales throughout the year. A notice will be put up on our Facebook page and Nabiac News and Chat so keep an eye out for our next sale.

A big Thankyou to everyone for holding onto your Donations over the closure period. Your co-operation was very much appreciated by all of our volunteers as we were able to have a well-deserved break.

### DONATIONS:

Please drop off any large donations that cannot be put in the donation bin, during Opening hours as above. Please do not leave them on the front porch in front of the doors. We appreciated all the donations but it is becoming a hazard when opening in the morning. Thankyou in advance for you co-operation.

### SHOP:

Our clothing racks are bursting at the seams, we have a large range of Summer and light Winter clothing for everyone at the moment. More winter clothing will be put out in the next couple of months.

There is a large range of Linen, crystal, wool, material, Bric a Brac and lots more.

### SHED:

We have had a big clean up and restock in the Shed and it's looking amazing.

Our library is full of books, CD's and DVD's. Lots of Furniture, dinner sets, cookware and lots more.

You just never know what treasures you might find.

### VOLUNTEERS WANTED:

If you have a spare few hours during the week and would like to help raise funds for our great community and have a fun time doing so please come in on a Tuesday or Wednesday and ask for Kathryn.

If I'm not available please leave your name and phone number with one of the ladies and I will contact you to organise a day and time to meet you.

All our volunteers are fully vaccinated.

Kind Regards

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

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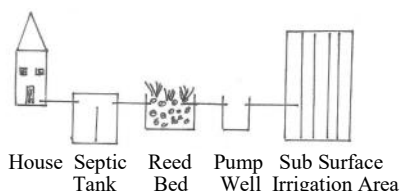
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**The Wallamba Watershed's History** — Another in a series of historical articles gleaned from the archives of the "Manning River Times, May, 1944 - 1945 by Bob Mann

**NABIAC - SEPTEMBER, 1944:** There was some commotion on Thursday morning near the Central Garage Station when the wiring in a car belonging to Mr Tom Johsen, the well known Nabiac - Taree bus proprietor and town taximan, became ignited. Taree Fire Brigade was summoned at once and was quickly on the scene, but there was no necessity for the use of water as the flames were quickly put out with a chemical extinguisher. The call was received before 8 o'clock and the following firemen were in attendance—Captain N. Neilson and Firemen A. & P. Watson, C. Peedom, Stan Clinch and Sid Collins. It so happened that motor officer George Ealie of the Brigade headquarters was at the station when the call came and he drove the engine to the fire.

**WOOTTON TRAM LINE - OCTOBER, 1944:** The Railway Line which carried loads of logs for just on 30 years from timber forests on the northern side of the Wootton/Mayer Flat district for about a distance of about 10 miles has been pulled up. The rails have been sold. The rails which weigh 400lbs each and in excellent condition are being transferred to Stroud Road by truck.

**MRS HELENA MILLIKEN - MANNING RIVER TIMES, OCTOBER, 1944:** Mrs Helena Milliken, widow of the late Mr James Milliken, passed away on Friday 21<sup>st</sup> October, 1944 at the home of her daughter, Mrs Paton Breckenridge of 33 Tillock Street, Dobrayd, St Haberfield. Mrs Milliken (nee Helena Hill) was a native of Ulster and was born in Island Magee, County Antrim, Northern Ireland. She was one of a family having four sisters and two brothers. She was married in Island Magee to Mr James Milliken who had returned to Ireland from Australia where he had made a home on his selection - Sunny Bank, Lower Wallamba River. After their marriage Mr and Mrs Milliken immediately set out for Australia arriving here on Anniversary Day in 1893. Farming operations were commenced on their property on the Wallamba at Sunny Bank which is still in the hands of the Milliken family. The late Mrs Milliken was always interested in her husband's work both personal and public. The Milliken family consists of three

daughters and six sons. The daughters are May (Sydney) Anna at home, Margaret - Mrs Paton Breckenridge (Haberfield). The sons are William (Newcastle), James (Nabiac) John (deceased) Robert at home, Thomas (Tuncurry) and David (Wingham). The remains of Mrs Milliken were cremated at the Rookwood Cemetery on Sunday 22<sup>nd</sup>, October. A short service was held at the home (Darawank) being conducted by the Rev. Hunter and Rev. Bowen.

**FIRE AT DYERS CROSSING—JANUARY, 1945:** In the early hours of Wednesday morning residents awakened to find the Upper Wallamba Co Operative General Store ablaze. The fire had been noticed and the alarm given at 1.00 am by Mr L. Stevens an employee of the Butter Factory and a band of willing workers quickly arrived on the scene but the fire had such a good hold that there was little they could do to quell the flames. They therefore turned their attention to the work of saving as much as possible but owing to the fact that the building had rapidly filled with smoke and flames it was absolutely impossible for anyone to enter and the whole building and the entire contents were completely destroyed. As the fire spread there was immanent danger that the house occupied by Mr Stevens would also be burned but unceasing efforts by the workers saved the premises. In the meantime Mr Stevens' furniture and personal effects were moved to safety. At one stage it was thought that the office of the Butter Factory, in close proximity to the store, would also catch alight and so all the records and equipment were removed as a precautionary measure. Fortunately the light easterly wind did not change directions or it is almost certain that the above building and also the Butter Factory itself would have been included in the conflagration. Shortly after the outbreak of the fire the services of the Taree and Wingham fire brigades had been summoned, but owing to the rapidity with which the fire spread and the long distance of the brigades had to travel they arrived too late to save any of the building or stock. Although the cause of the fire and the value of the damage is not yet known it is a serious blow for the district, since the store supplied practically all the needs of the farmers on the Upper Wallamba and a large number of families living in Dyers Crossing, Karkatt, Bulby, Bunyah, Tipperary, Kings Creek, Krumbach and Bucca Wauka, Belbora and elsewhere will be greatly inconvenienced by the loss.

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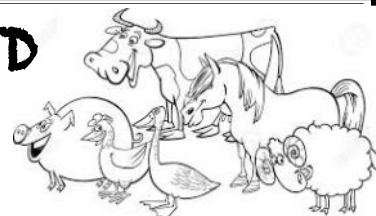
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## WALLAMBA CWA REPORT

Our December 14<sup>th</sup> meeting was our last for what has been a somewhat difficult year not only for our members but the world in general.

President *Margaret Weller* welcomed 13 members and opened the meeting with the usual formalities. Members paused to remember departed friends, *Wilfred Wright* of Dyer's Crossing, *Keith McMartin* of Tinonee whose wife is a member of the Dunn family from Failford and *Bert Dawson* also of Tinonee who was a member of the local Garden Club and known to a number of the members.

President Margaret supplied our monthly thought as follows:- ***"The Best things in life are the people we love, the places we have been and the memories we have made."***

News was received that the CWA Centenary Rose sales have proven very popular and sold out quickly within a short time – disappointed for the ladies who were hoping to acquire one.

Details are continuing to be received including changes due to Covid, for the CWA Centenary Conference being held May 2<sup>nd</sup>-5<sup>th</sup>, 2022 at Royal Randwick Racecourse. Several of our members are planning to attend.

Notice has been received that Coffee is our Primary Product with the Medical Research Project which is yet to be announced, will be decided mid year.

Our new Treasurer *Jenny Ang* is settling in to her new role and sorted out the required details. Donations were made to Nabiac, Krumbach and Coolongolook Public Schools for their end of year Presentation Events.

International Officer, *Penny Britton* brought us up to date with ACWW South Pacific news from President *Gail Commens* and advised us where money raised by Coins for Friendship is distributed in PNG for Water Tanks and to Fiji for Fire Victims.

Penny also read an item on Malaysian folk having seaside holidays and also going to the mountains.



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There is only about 2% of Christians in Malaysia but the country goes 'all out' with decorations and snow etc. at Christmas and then they have big Christmas Sales just before Chinese New Year. This will now conclude our study on Malaysia with Romania to be our next country.

*Merle* reported on her Handicraft Seminar which took her to Wagga and she enjoyed the experience learning about techniques and setting up the handicraft competition.

Congratulations to *Merle* who received her Tutor's Badge which she will treasure.

*Merle* showed us a ball of Nettle Wool, made from Nettle fibres and is mixed with wool for knitting etc. and has been used for hundreds of years.

*Coral*, our Ag & Environment Officer, has been researching Coffee and came up with some amazing facts, saying it all started about 1,000 years after Christ; it wasn't the Italians but the Arabs who became the very 1<sup>st</sup> to start roasting and grinding coffee beans to brew them up with hot water. Coffee first came to Australian shores with the arrival of the First Fleet in 1788 but the seeds and plants collected on their stopover in Rio de Janeiro failed to thrive.

During the 1930's Migrants from Europe changed the way Coffee was consumed, particularly after WW11.

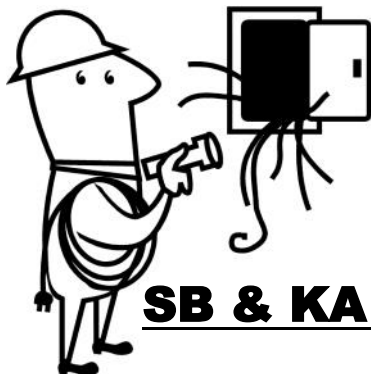
With Friendship Day and Cookery Competition set down for February 1<sup>st</sup> at Wauchope, Officer *Beth Brewster*, with the help of members *Jean* and *Margaret* worked out who was going to cook what. All the categories were covered with entries to be made by our members – Let us hope that the Covid regulations don't change things at the last minute.

Our member *Penny*, who is Group Cultural Officer, spoke about the day and what is being planned to see it go forward.

March is going to be a busy month with the Group Handicraft and Council Meeting being hosted by Wallamba CWA ladies at the Wallamba Showground Luncheon Room and then this will be followed by the World Day of Prayer Service at the Anglican Church which has been prepared by the United Kingdom ladies.

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March will also be the Branch's 58<sup>th</sup> Birthday and plans are in hand to mark the event with a special morning tea – more details next month after their finalization..

Happy 90<sup>th</sup> birthday to member *Jean Price's* husband *Kevin* for his special day on December 2<sup>nd</sup>

Congratulations to member *Fay Anderson* who received wonderful news at the meeting on the arrival of twin Great-Grand daughters *Winnie May* and *Bonnie Gray* who were born just after 9.00am that morning.

At the end of the meeting all members headed to the Nabitac Hotel for their Christmas lunch and were joined by several husbands and ladies of the Wallamba Show Committee.

Next meeting will be held Tuesday 8<sup>th</sup> February commencing at 10.00am at the Nabitac Village Community Church Hall.

**Pamela Muxlow**

Wallamba CWA - Publicity Officer

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 21<sup>st</sup> December, 2022.** **Volunteers and Committee members welcome to join.**

**HALL MARKETS:** 3rd Sunday of the month. 20th February. Stall spaces available. One table costs \$11, two are \$16 and 3 are \$22. Phone Judy Bonnifin Wright on 6559 1375 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

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## NEWS FROM BUNYAH

*H*appy New Year to you and hope as this year progresses, that all the people who you love & treasure remain well and you spend great times together making fond memories!

Our Bunyah community missed having a Christmas & New Year 'Get Together' which has always been a lovely way to end the year, and our usual 'Australia Day' Breakfast was also a 'casualty' of these times, but we will make sure that we take the first opportunity that comes our way in 2022 to have a Function where we can meet many of our new residents and catch up with our neighbours.

Our Hall Committee will be holding our AGM & Quarterly Meeting on **Wednesday 9<sup>th</sup> February**, 2022 commencing at 12 noon and all positions will be declared vacant. You are welcome to attend as a matter of interest and put forward any suggestions that you feel may be of benefit to our community or to raise questions as to how the Hall and the role it plays as an important part of our community. You can be assured that you won't be 'railroaded' into a position on the Committee! So, give it some thought and hope to see you there.

In December, our Tennis Group held our Christmas Lunch at *Jan & Ross Allwood's* lovely home at Halliday's Point; it was very relaxing and we ordered Take-away Lunch from the Blackhead Tavern's extensive Menu which was delivered on our behalf. Jan made a delicious Pavlova to top off a great meal with convivial company!

Also in December, *Wayne & Deb Kelly* hosted a wonderful BBQ Lunch at their farm for all the neighbours to meet each other as there are a number of new part-time residents from Sydney and the central coast who are looking to make this their permanent home. Everyone had a great time and swapped stories of their lives and interests as well as how they came to be here; we have a great cross-section of people. It was a very special day and many thanks to Wayne & Debbie for your hospitality.

To end on some fantastic news.....**Members of the Bunyah Rural Fire Service Brigade** who were heavily involved in the 2019-20 Bushfires, are to be individually recognised with the award of the **National Emergency Medal** at a Presentation in March 2022.

"The Medal is awarded to those whose service must be in the protection of lives and property or in the service of interests that are NOT their own and who supported the response for a **minimum of 5 days between September 2019 and February 2020.**" **Congratulations to our Bunyah Rural Fire Service Brigade Volunteers.....the Community salutes you for your dedication!**

There are never enough Volunteers and what a great way to be involved in your community than as a member of the Bunyah Rural Fire Service Brigade. Please contact **Brigade Secretary Graeme Watson** on 6559 1647 for further information.

*Neryl Simpson*



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## Nabiac Memorial Neighbourhood Centre Association



Hi to everyone,

**The 2022 Show.** It's not long now to the Wallamba Show planned for Saturday 19<sup>th</sup> March 2022. We are very proud to tell you that the Nabiac Second Chance Opportunity Shop is the sole sponsor of this year's evening fireworks display at the Showground. The Op Shop was to have been one of the sponsors in 2021 but the Show was cancelled. Our Committee then unanimously agreed that as the funds allocated for 2021 fireworks had not been used we would offer to donate the full amount in 2022.

This is a significant event in our community and enjoyed by many. **So please keep those donations of clean quality items for resale coming into our community Op Shop** so that we can continue to support a variety of activities, equipment and facilities in our community.

**Maintenance** of our grand old building continues to use up funds and members time. Recent problems being worked on include

- Commercial kitchen (leased to our tenant) - Replacement of the 30 something year old fridge in what used to be the Meals on Wheels Kitchen.
- Plumbing – replacement of old leaking pipes under the kitchens at the rear of building. Those familiar with the building will know how this section was built very low to the ground.
- Roof leaks continue to be a problem where the older building joins with the 'new maternity wing' built in the 1960's. This is now the community pre-school.

Once again we are grateful to the community's donations and the work of our members volunteering in the Op Shop. The funds raised assist greatly in maintenance works.

Another source of funds for us is the sale of the book about the Hospital at Nabiac. It was written by Laura Sykes to raise funds for the building. The remaining books have a reduced price of \$10 each. Please ask the ladies in the shop if you are interested in purchasing a book.

**Louise Collins**, Nabiac Memorial Neighbourhood Centre Inc.  
[secretarynmnca@gmail.com](mailto:secretarynmnca@gmail.com)



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## Nabiac Village Futures Group News



Representatives of NVFG (**Kit, Christal, Bruce, Phil, and Louise**) met in December with Council staff – *Alexandra Macvean* (Senior Land Use Planner), *Gerard Tuckerman* (Manager Natural Systems) and *Paul de Szell* (Executive Manager Sustainable Futures) to discuss the Midcoast Draft Rural Strategy. We had until 28<sup>th</sup> January to submit comments on the Draft Rural Strategy. We didn't at this stage decide to lodge a group submission as the process is ongoing throughout 2022 – 2023.

It was interesting to learn that **Council's water and drought resilience teams** have been set up and these teams are working on long term assessment and planning. This should ensure that our communities are well prepared to meet the impact of droughts and floods.

<https://www.midcoast.nsw.gov.au/Water-Services/Water-Resilience>

Also of interest was our discussion about **waste management and landfill sites**. Council is rationalizing its landfill sites, closing some and transferring waste to others. They are building a new waste 'cell' at Taree which will take our area's waste for the next 30 years.

The **landfill site at Minimbah** - it was approved for waste transfers, but no license was commenced. Last year the Minimbah site was used as a sorting facility for flood damaged waste before disposal. It is possible that it may be used again for sorting and temporary storage of such waste. As part of their Delivery Plan and Operational Plan Council were to investigate the introduction of FOGO, which provides for **food and garden organic waste** to be separated from other waste. This means diversion from landfill, reduction of waste processing costs and less production of harmful methane gas. At our meeting with Council staff, they mentioned that the Minimbah site could be set up for processing of FOGO.

**Nabiac Strategic Plan 2016-2021** is to be reviewed this year. There will be more news about this in coming months.

**Louise Collins**, Secretary NVFG

[nabiacvillagefuturesgroup@gmail.com](mailto:nabiacvillagefuturesgroup@gmail.com)



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## Nabiac Landcare

The Nabiac Landcare group has been on their summer break, so in preparation for returning to work I went for a wander down the tracks at Lillypilly Bend and the Bullock Wharf reserves. I must say I enjoyed the walk. Ok, there are weeds and I pulled a few but the resilience of the local bush is obvious. Our group has put in thousands of hours controlling weeds and the bush is showing that care with excellent regeneration of local species appropriate to the various sites. For comparison, if you enter the Lillypilly Bend reserve from the end of Cowper Street and look at the privet infestation on the right side of the track—you can see the challenges we face. We will get there—slowly!

While driving around the local back roads over the last couple of months I couldn't help but notice the 'lovely' creamy flowerheads of the broad-leaf privet (*Ligustrum lucidum*). By now they have set great bunches of green seeds that will mature to black and be a magnet for all fruit eating birds. Broad-leaf privet is a large shrub/small tree with glossy green leaves. It has



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distinctive white spots called lenticels on its brown bark. It can be confused with the native cheese tree but at the moment the bunches of seeds are very obvious. Small leaf privet is more common in our reserves and along the local creeks but the large leafed species is quite visible along fence lines. If you have it, now is a good time to remove it or prune it before the seeds mature. Have a look at [NSW WeedWise](#) for control information.

Nabiac Landcare will be returning to the local bush very soon. We normally work 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  
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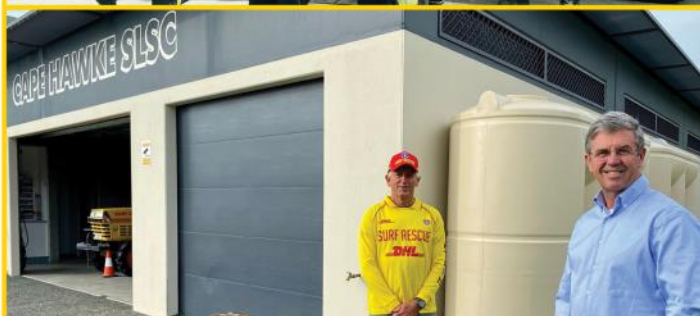
## HAPPY NEW YEAR EVERYONE!

It's great to be welcoming in a new year. 2022 brings hope, energy and a sense of purpose. There are many exciting projects big and small across our towns and villages that are taking shape thanks to the Federal Government's record investment in our region. I look forward to getting out and about and listening to the issues that are important to you, your family and our community.

*Dave*

Locally I am delivering for you, your family and our community, including new funding for:

- ✓ Marine Rescue Forster Tuncurry
- ✓ Tinonee Rural Fire Service
- ✓ Manning Support Services
- ✓ Manning Valley Netball Association
- ✓ Diamond Beach & Red Head Rural Fire Brigade
- ✓ Taree Aquatic Powerboat Club
- ✓ Taree Junior Rugby League Football Club
- ✓ Great Lakes United Football Club
- ✓ Taree Quota Club
- ✓ Cape Hawke Surf Lifesaving Club
- ✓ Manning River Sailing Club



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

### Market News:

- Freshening up for 2022! The committee wielded some brooms and headed for Bernie's hut at the showground.



- We're excited to embrace the new year with a fabulous range of stalls laden with local produce, plants, delicious bites, handmade textiles, jewelry and wares. We boast variety and quality, which also includes wine, herbal remedies, flowers, olive oil, handmade gingerbread, specialized mushrooms, and pooch treats.
- The December market was the special Christmas market. A once-in-a-market-life-time event! It was pulled together at the last minute to replace the cancelled November market, due to rain.



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

- We will be getting sorted with emails and updates to the website soon too.
- We are looking forward to holding a variety of events later in the year too.

**There are many reasons to be a part of our wonderful local market, whether you're a stallholder, committee member, volunteer or shopper:**

- Local fresh produce is healthier for your body
- Supporting local economy
- It's a big part of thriving village life
- Encourages creativity - the world of art and creating products nurtures good brain health.
- Opportunities for self-employment
- The convivial atmosphere at the market makes you feel good
- Eco-friendly shopping
- Chatting with stall-holders and friends
- Connecting with the community is healthy!

Fresh produce for a healthy you  
Talk to producers  
Coffee & Food  
Community connection  
Hand-crafted, eco-friendly art and wares

### Become a market volunteer.

This doesn't mean joining the committee, just helping with set up and/or pack up, and odd jobs throughout the year. As much or little as you can, every hour you can help will be greatly appreciated.

Being a market volunteer is a great way to get to know people in your community, especially if you're new to the area.

Remember, there are markets every week throughout our area, so fresh produce is available all month, especially as we welcome the new local addition, The Artisan Farmer.

**Become a Stallholder – work for yourself and supplement your income!**

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

Email: nfmcoordinator@gmail.com

We regularly post info and updates on Instagram and Facebook.

Thank you to everyone who makes our market great. We appreciate you all.

By **Laura Pennington** on behalf of the Nabiac Farmers' Market committee. J

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### How happy is your gut?

Your gut contains trillions of beneficial bacteria and your gut converses with your brain! We evolved from bacteria, which existed for around 3 billion years before we started to evolve, so it's easy to see why microbes are intrinsic to our existence.

Your gut microbiome contains trillions of bacteria, fungi, and viruses. A myriad of messages are sent throughout the body, to ensure everything functions properly.



A wide variety of beneficial bacteria live in, and on our bodies which keeps the body thriving. We live in harmony with these beneficial bacteria, and they are essential to our survival.

(Image-Pinterest)

A range of maladies, including chronic illness, mental health issues and diseases can be influenced by the bacteria in the gut micro-biome.

Serotonin is a good example of how activity in the gut micro-biome influences our health. Serotonin is mostly produced by gut bacteria and around 90% of serotonin produced is stored along the lining of the gut. Serotonin is a hormone, which is responsible for regulating mood, along with sleeping, eating and digestion. So, if you'd like better mood, sleep, and digestion, look after your gut friends!

Exercise, exposure to natural light and intake of essential protein from red meat, nuts, seeds, milk, and eggs, are all key in serotonin production. Looking after yourself is an investment!

A diet which is high in processed foods and sugar, can make the good gut bugs sad and hungry, and deplete their numbers. This can lead to an increase in bad bacteria, which negatively impact the health of the body's cells.

Eating a variety of fresh, whole-food ensures that your friendly gut bacteria are well-fed, and that the range of good bacteria are increased

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too. A variety of friendly gut bacteria is important.



Aboriginal people used around 5,000 species of plants in their diets. Today, the modern Aussie is lucky to include up to 30! How many can you count in your diet? This includes herbs, spices, vegetables, legumes, whole-grains, and fruit.

(Photo from Bush Tucker Tasting at Mandoon Estate)

I have just started my bush food garden. I'm excited to try new foods and enjoy adding more native plants too!

Probiotics will increase the number of bacteria. Prebiotic foods provide fuel to feed the bacteria.



Prebiotic foods feed the good gut bacteria. These include:

Asparagus, Jerusalem artichokes, apples, garlic, chicory root, dandelion, seaweed, and sweet potato



### Foods which contain probiotics:

- Natural yoghurt
- Kefir
- Kombucha
- Tamari
- Blue cheese
- Fermented tofu/tempeh
- Miso
- Kimchi
- Sourdough
- Sauerkraut

Natural yoghurt with honey contains more benefits than sweetened yoghurt. Refined sugar should be avoided.

**Soaked foods can also help boost the number of beneficial bacteria. Soak the following foods Note; the amount of time will depend on the food:**

Oats  
Nuts  
Brown rice and quinoa  
Legumes

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Soaking foods will also aid digestion and make the nutrients become more bioavailable for absorption into the body.

How are you feeling?

If something in your body isn't quite right, it's worth looking at the health of your gut. Listen to your gut-instinct.



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Stay healthy everyone. Laura. ☺



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## REAL KULTCHA

Welcome to 2022 and good riddance to 2021: what an armpit of a year!!!

But sport continued and that's the reason I'm employed by The Editor of this internationally acclaimed newsletter to write about it. So, let's get with the programme.

There was an Ashes cricket series played here in Oz between *The Poms* and our *Galaks*. It didn't start well with our captain Tim Payne having a sordid text message (that he stupidly sent to a young lady several years ago) catch up with him and before we knew what was shaping up, he was gone! I've always joked it is easier to get into *The Galaks* side than it is to get out but Tim put paid to that theory: he must have just about got whiplash with the speed of his exit. And just as suddenly we had a new captain: fast bowler Pat Cummins! A fast bowler? Captain? What's the world coming too?

Then there was a lot of oxygen wasted on the Western Australian COVID requirements for teams going there (the 5<sup>th</sup> Test was scheduled for Perth) but in the end they wouldn't budge so the Test was shifted to Hobart. The series started with a bang as Starc let rip with the very first ball around the opener's legs and knocked over his leg stump! *The Galaks* won the match easily but Pat got caught up in a COVID scare in Adelaide and was sidelined for the second Test. And who took the reins? Steve Smith that's who. We won that match as well and it was off to the MCG for the 3<sup>rd</sup>. We also won that or perhaps I should say Scott Boland won it with his Second innings stats reading 4 -1-7-6: 4 overs, 1 maiden, 7 runs from his bowling and he took 6 wickets! It's the stuff dreams are made of! Then it was off to Sydney and that match went right down to the last ball with *The Poms* hanging on grimly for a draw. And finally down to Hobart for the last, a Pink Ball night/day.

I have a confession to make. *The Child Bride* and I were a bit bored watching *The Poms* bat in their second innings as it looked like they were finally getting their act together and batting quite well: they were 2 down for 72, looked comfortable, needed around 250 to win and there were a couple of days to go. So we switched over to the ABC to watch an episode of *Vera*. You can imagine our surprise when we switched to back an hour later to be confronted by Gilley in the middle of the post match presentations! **WHAT THE HECK WENT ON**



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**REASONABLE RATES**

**WHILE WE WERE AWAY??** We don't know the details but we missed the fall of 8 wickets for few runs and the demise of *The Poms* dreams of winning a match. Even Lord Botham (is he really a Lord?) was disgusted saying the whole series was a disgrace! I fear there might be some blood-letting on the way for *The Poms*.

Back in December there was a series of races near Shark Island on Sydney Harbour of the AC72 class catamarans. They're billed as the F1s of sailing and when the wind is right, they go like the clappers! Would you believe during one race a couple of the boats got up to 90 kph! It makes the old VJ and VS yachts we used to watch on the Manning River in my youth, look positively pedestrian. *The Child Bride* and I sat amazed as these yachts – the hulls weigh in the region of 6 tonnes, the mast is 40 metres high, they have a sail area of 260 square metres and they cost a motza - rose up out of the water onto their foils and – on a knife edge balancing between ecstasy and lunacy – raced around the course like demons with the hounds of hell after them. This is the same class of yacht that sails in The America's Cup series and when the dust settled in Sydney, Australia was leading series (there are 8 countries competing: Australia, USA, Japan, Great Britain, New Zealand [current holders of The America's Cup], Spain, Denmark and France) and from Sydney they're heading off to the USA for the finals. Do yourself a favour and watch some of the races. It's incredible sailing.

And then there was the Australian Open Tennis tournament in Melbourne and Djokovic, or as one wag put it, Novaxx! We still don't know the full story but in the end Australia's laws prevailed and he's now back in Serbia and I'd think looking hard at his beliefs. We sent him packing because he's unvaccinated and France's President Macron has let it be known (in no uncertain terms that I won't repeat here) unvaccinated people won't be allowed into France to compete in their Open. Will he be allowed into the UK to play in Wimbledon or the US Open and any other tournament? Then, as he gets most of his income from endorsements, I wonder how long it will be before some of the company's who pay him big bucks to say nice things about their products, drop him and he starts to lose money? How long do you think he'll maintain his "principles" in light of a dwindling income?

Talk at you next month,

*The Hillside Critic*

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*Thomas Cook*

**Wrangler**



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## Understanding and Managing Equine Itch

Dealing with itchy horses (also known as Itch, Sweet Itch or Queensland Itch) can be a frustrating and exhaustive task for horse owners. What works for one horse may not work for another and it can, for many, be a matter of trial and error to find what works for your particular horse.

Understanding what itch is and what causes it is the first step to tackling it and managing the symptoms.

So, what is itch? Itch is Equine Culicoides Hypersensitivity, a medical condition caused by an **allergic** response to the bites and saliva of **Culicoides (midges)** and it most often occurs in horses living in warmer humid climates.

Itch is usually a seasonal problem, occurring during the hot and wet months between October and April.

The typical symptoms of a horse suffering with itch include a seasonally itchy horse, rub sores and hair loss around the face, ears, neck, along the top of the back and base of the tail. Some horses have rub sores along their flank, and in severe cases they can have sores under their belly. Also, in severe cases horses can create open wounds, puncture wounds and abscesses from continuous scratching. Often horses who suffer badly with itch will develop swollen and thickened skin after a long period of chronic skin inflammation and can develop skin pigment changes.

When thinking about managing and treating itch our tip is to take a 3-pronged approach.

- 1. Stop/reduce the midge bites:** The best way to keep itch to a minimum is to minimise bites. Midges are most active at dawn and dusk, therefore applying an insecticide, such as Alto Bug Shield morning and night will help control midge attacks.

Keeping your horse rugged during the afternoon through to mid-morning will also minimise the exposure areas.



A fly mask that covers the horse's head, poll and ears, such as the heavy-duty Cashel Crusader Masks, will stop the horse getting bitten on the face and can help prevent face rubbing.



- 2. Diet changes:** Evidence suggests there are feed additives that can help repel biting insects, these include yellow sulphur powder, Thiamine/Vitamin B1 (which can be found in Country Park Brewers Yeast), apple cider vinegar and garlic (which you can get combined in NRG's Apple Cider Vinegar with Garlic).



Oils high in Omega 3, such as CEN Oil or iO's Raw Linseed Oil have been shown to help reduce inflammation and itchiness induced by the midge bite allergies.



- 3. Soothing the symptoms:** The sores resulting from self-trauma will themselves become itchy and perpetuate the itch cycle. Using a medicated wash, such as Malaseb will help kill any unwanted bacteria and reduce infections. Topical creams, such as Ranvet's White Healer, and oils such as Calafea Oil or Shapley's M-T-G Oil can help soothe and repair damaged skin and reduce overall itchiness.



Finding what works to keep your horse's itch at bay will take some testing, some successes and some failures. The main thing to remember is to be consistent with your management and treatment of itch - this is the best way to see positive results.

You can find the products mentioned in this article and more at Mustang & Co Saddlery & Rural in Tuncurry.

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## Artists of Wallamba

Inspire ~ Create ~ Connect



Beate Brooks Tracy, ran a soft pastel workshop for members in January at her property. These workshops, facilitated by our members, are a great way for all to see demonstrations and try new materials and processes. (photographs by Diane Willey)



Beate's vibrant and expressive artwork will be on display at her first solo exhibition from **1 - 14 February** at **The Edge Gallery, 6a Pultney Street Taree**. This will be an exciting selection of work. The gallery also has an excellent range of products to purchase and can order anything you need that may not be in stock.



**Greater Lakes Art Society** is excitedly organising their **40<sup>th</sup> Open Exhibition**, which will be held from **8 April – 1 May** at **Forster Gallery, 34 Lake Street, Forster**. This wonderful event, with work submitted from many parts of Australia, has a number of Awards provided by local organisations and businesses. Judging will be by renowned artist Alice Laura Palmer. Closing date for entries is Friday 11 March...so if you would like to enter, contact Ingrid Horsburgh: [ingrid2430@gmail.com](mailto:ingrid2430@gmail.com) and she will forward an entry form to you.

A number of our members will be participating in the **International Womens' Day Exhibition** at **Macleay Valley Community Art Gallery** at **5 Kinchela Street, Gladstone**. So if you're up that way from **3 – 13 March**, drop in. It's a lovely gallery and there will be a wide variety of quality artworks.

Another opportunity for exhibition is **The Lansdowne Art Exhibition**. Entries close 15 April with prizes being awarded in a number of categories. This is an excellent opportunity for people interested in exhibiting locally. The exhibition itself will run on 2 and 3 of May only. See Facebook under: <http://www.facebook.com/landsdownecommunityhall/> for further details.

For local Arts opportunities and information, check out [artsmidnorthcoast.com](http://artsmidnorthcoast.com)

Here you will find information on all facets of the arts from MidCoast to Bellingen shires and all areas in between. It's great to keep informed and support the arts whose members have battled so much over the past two years.

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Manning Regional Art Gallery presents **Women in Colour** open until 19<sup>th</sup> March and showcasing contemporary Indigenous women artists from many areas of Australia, sharing stories of Country, family and person. Also on show for the same dates **Jacqueline Balassa – Carol's Garden**, exploring seasonal changes of a wild and native rainforest garden, and **With What Shall I Fix It?** The latter exploring the vulnerability of our planet in the light of recent catastrophes.  
(photograph Sally Gabori, *Dibirdibi Country* 2008 ← *Carol's Garden* Jacqueline Balassa)



via Manning Regional Art Gallery)

Contact **Carmel Spark** on 0419 273 849 for more details of **Artists of Wallamba** and if you would like to join our **Facebook Group**. We have ongoing information for many exhibitions, workshops, online courses and competition opportunities that our members share, along with inspiring quotes and ideas.  
(photograph by Beate Brooks Tracy)



Our next meeting will be in **February**. We love to welcome local artists and art supporters to our monthly get-togethers and workshops, and guarantee creative company, delicious food and warm hospitality whenever we meet!



*Kate Landsberry*

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## Lyn's Larder

### FENNEL & MUSHROOM GRATIN

I will admit I haven't tried it but it sounds nice

#### INGREDIENTS

- 1 Small Potato
- 1 Large Fennel bulb
- 10 g Butter
- 2 tsp Olive oil
- 1 Small Clove Garlic, crushed
- 50g Button mushrooms, sliced
- 1 tbsp White wine or dry vermouth
- 1/4 cup (60ml) Cream
- 1 tsp Chopped fresh thyme
- 30g Semi dried tomatoes, chopped
- 2 tbsp Grated Parmesan

#### METHOD

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

*I was having trouble with my computer. So I called Eric, the 11 year old next door, whose bedroom looks like Mission Control and asked him to come over. Eric clicked a couple of buttons and solved the problem.*

*As he was walking away, I called after him, 'So, what was wrong?'*

*He replied, 'It was an ID ten T error.'*

*I didn't want to appear stupid, but none the less inquired, 'An, ID ten T error? What's that? In case I need to fix it again.'*

*Eric grinned..... 'Haven't you ever heard of an ID ten T error before?'*

*'No,' I replied.*

*'Write it down,' he said, 'and I think you'll figure it out.'*

*So I wrote down: I D 10 T*

*I used to like Eric, the little horror .....*

TEACHER: Millie, give me a sentence starting with 'I.'

MILLIE: I is..

TEACHER: No, Millie..... Always say, 'I am.'

MILLIE: All right...'I am the ninth letter of the alphabet.'

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## MANNING BASE HOSPITAL WELCOMES MEDICAL INTERN CLASS OF 2022



Manning Base Hospital has welcomed the appointment of 10 new interns to boost the local health workforce.

Mr Bromhead said the new interns would boost Manning Base hospital at a pivotal time in the ongoing COVID-19 response.

"Our community owes a huge debt of gratitude to our local health teams who have worked around the clock to keep us safe, especially over the past two years," Mr Bromhead said.

"I am incredibly pleased that these new interns have the opportunity to learn from the world-class doctors at Manning Base Hospital and play a significant role in navigating the challenges of this unprecedented, world-wide pandemic."

Interns are medical graduates who have completed their medical degree and are required to complete a supervised year of practice in order to become independent practitioners.

The new doctors who commenced orientation this week will be entering a training program with networked hospitals throughout the state, providing formal and on the job training.

They receive two-year contracts to rotate between metropolitan, regional and rural hospitals to ensure the diversity of their experience. They also join different units in each hospital, including surgery and emergency medicine.

In the largest ever health workforce boost in the state, the NSW Government has invested a record \$2.8 billion to recruit an additional 1,060 doctors, 5,000 nurses, 880 allied health staff and 1,360 hospital support staff over a four year period.

On a bitterly cold winter's day several years ago in northern British Columbia, a RCMP constable on patrol came across a motorcyclist, who was swathed in protective clothing and helmet, stalled by the roadside.

"What's the matter?" asked the policeman.

"Carburetor's frozen," was the terse reply.

"Pee on it. That'll thaw it out."

"Can't."

"OK, Watch me and I will show you."

The constable lubricated the carburetor, as promised. T he bike started and the rider drove off, waving.

A few days later, the detachment office received a note of thanks from the father of the motorbike rider. It began:


"On behalf of my daughter, who recently was stranded beside the road....".

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Look up - Apply for Solar for Low Income households.

A precious little girl walks into a pet shop and asks "Excuse me, do you have any widdle wrabbits?"  
The shopkeeper's heart melts and he gets down on his knees so that he is on her level and says, "Do you want a Widdle white wabbit or a thoft, fuffy bwack wabbit or a one like that widdle bwown wabbit over there?"  
The little girl blushes, rocks on her heels, puts her hands on her knees and leans forward and whispers...(I don't weally fink my pyfon gives a ....."

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## Claire Pontin new MidCoast Mayor

Councillor Claire Pontin will be the new Mayor of MidCoast Council until September, 2023, following a Mayoral election at today's Council meeting.

There were three nominations for the position of Mayor - Cr Peter Epov, Cr Claire Pontin and Cr Kathryn Bell.

After a vote by a show of hands, Cr Pontin was elected with seven of the eleven votes.

This is Cr Pontin's first term as Mayor and second term as a MidCoast Councillor. She was first elected to MidCoast Council in 2017 and served as Deputy Mayor.

Cr Pontin welcomed the opportunity to represent Council and undertake the other duties of Mayor.

"I'm incredibly honoured and humbled to be elected as Mayor. I don't accept the role lightly," Mayor Pontin said.

"I'm keen to effect some changes that I see as important and I've spent a lot of time over the last few weeks talking to Councillors to get a better view of their priorities and concerns for MidCoast Council, and to encourage a collaborative and progressive approach.

"I am looking forward to working with them all to achieve some tangible benefits for the people of MidCoast.

"We have some challenges ahead and we need to respond effectively to them. I'm hopeful we can introduce some new processes to improve our consultations, communication, accountability, and responsiveness to the community.

"One of my key priorities is to build better linkages with the various business sectors. Without thriving businesses, the community as a whole suffers.

"The Mayor's role is one of strategic oversight and leadership and I want to be accessible for the community, to listen and better understand the majority views, so we can better focus our resources to achieve the outcomes the community want to see."

The Deputy Mayor is Councillor Alan Tickle who will also hold the position until September, 2023. The other nominee for the position was Cr Kathryn Bell.

Cr Tickle, who received seven votes for the role of Deputy Mayor, is serving his first term on MidCoast Council. He previously served on Greater Taree City Council.

Cr Tickle said that he had lengthy discussions with Cr Pontin on the need to mould a team of Councillors who maintain a strategic focus and work collaboratively.

"It was apparent that the majority support was there for Cr Pontin which was a telling factor for me in my decision not to contend the position of Mayor at this time but I am honoured that the Council voted for me in the support role of Deputy Mayor.

"The saying 'there is no I in team' means that all Councillors need to move forward, respect the decision on leadership, listen to the views of colleagues and not lose sight of what the community expect of us and the trust that is vested in the elected body," Cr Tickle said.

The new Councillors will serve a reduced term of two years and eight months as a result of the 2020 election being rescheduled.

The meeting also determined Councillor representatives to various committees for the following 12 months as follows:

- Hunter Joint Organisation – Mayor Claire Pontin
- Mid North Weight of Loads Group – no councillor
- Arts Mid North Coast – Cr Jeremy Miller
- Bushfire Management Committee – Cr Alan Tickle/ alternate Cr Paul Sandilands
- NSW RFS District Liaison Committee – Cr Paul Sandilands/ alternate Cr Alan Tickle
- NSW Public Libraries Association – Cr David West/ alternate Cr Dheera Smith
- Hunter Regional Weeds Committee – Cr Dheera Smith/ alternate Cr Kathryn Smith
- Joint Regional Planning Panel – Cr David West and Cr Alan Tickle/ alternate Cr Kathryn Bell
- Local Traffic Committee – Cr Troy Fowler/ alternate Cr Peter Howard
- Manning Valley Liquor Consultative Committee – Cr Troy Fowler/ alternate Cr Jeremy Miller
- Stroud Heritage Conservation Inc – Cr Paul Sandilands
- Duralie Coal Mine Community Consultative Committee – Cr Kathryn Smith and Mayor Claire Pontin

## RAAF to use Old Bar airfield

The Royal Australian Air Force (RAAF) will be making use of the Old Bar airfield for flight training exercises from 28<sup>th</sup> February to 8<sup>th</sup> April.

MidCoast Council advises that the site will not be accessible to the public during this time. Fencing will be erected around the site, with a seven metre 'hazard zone' sectioned off with signage.

Residents should expect some aircraft noise during the flight training exercises from 14<sup>th</sup> March - 1<sup>st</sup> April. Generators will be running 24 hours a day at the airfield to support the radar while the RAAF operation is underway.

Old Bar's airfield has a long history of use by the RAAF.

The Old Bar Airstrip was created in 1925 by George Bunyan and was added to the New South Wales State Heritage Register on 25<sup>th</sup> February, 2000.

From 1931 until the Taree Aerodrome at Cundletown was opened, Old Bar was often used by the RAAF as a refuelling base. RAAF aircraft were based at Old Bar during the first year of World War II and Old Bar was a designated 'emergency airfield' for the duration of the War.

A volunteer management committee operates and maintain the grounds on behalf of MidCoast Council.

## Planning for bulky waste clean-up

**Ahead of this year's bulky waste collection, we are calling on Mid-Coast residents to help keep their region attractive and safe during the clean-up.**

If you plan on doing a clean out at home, now's the time to familiarise yourself with Council's guidelines for bulky waste collection.

"We know locals look forward to the bulky waste collection, but there are rules and guidelines in place that we ask everyone to follow," explained Paul De Szell, Council's Director of Liveable Communities.

"People often start placing waste outside their property the minute we announce collection dates, making our neighbourhoods unattractive and sometimes dangerous. For everyone's benefit it's important that you don't put your waste out ahead of the dates specified for your zone."

Place your waste out two days before your zone's scheduled pick-up. Any earlier and it will be considered illegal dumping and could result in a fine.

Waste must be separated into two piles. One for scrap metal and whitegoods, and a separate pile for general and electronic waste. Scrap metal is collected for recycling. All other waste is sent to landfill.

"We also ask that you consider the environment when putting out our waste. For example, electronic waste can be recycled for free at our Community Recycling Centres any time," added Mr De Szell.

Mattresses are not collected as part of the bulky waste service. However, a maximum of two wire-spring mattresses or one mattress and bed base per household can be dropped off for free at your nearest Waste Management Centre during the bulky waste collection period for your region.

It is important to know what items are accepted and what items are not. Details can be found at [www.midcoast.nsw.gov.au/bulkywaste](http://www.midcoast.nsw.gov.au/bulkywaste) for more information.

### Bulky waste collection dates by zone

The MidCoast 2022 bulky waste collection starts in the Manning region on 28<sup>th</sup> February. The service will collect from one zone each week until the end of April.

The Gloucester region clean-up will begin on 2<sup>nd</sup> May. The Great Lakes region will start soon after in May, zone by zone until 24<sup>th</sup> June.

Each household will receive a brochure in the mail to advise of zones and dates for collection. You can also view the schedule at [www.midcoast.nsw.gov.au/bulkywaste](http://www.midcoast.nsw.gov.au/bulkywaste)

- Stratford Coal Mine Community Consultative Committee – Cr Kathryn Smith/ alternate Mayor Claire Pontin
- Gloucester Exploration Project Community Consultative – Cr Kathryn Smith
- Association of Mining and Energy Related Councils – Cr Kathryn Smith
- The meeting also confirmed Mayor Pontin, Crs Tickle, Miller, Sandilands and Dheera Smith will attend the Local Government NSW Special Conference, to be held from 28<sup>th</sup> February to 2<sup>nd</sup> March.

**I think I have put this in before, but for those who haven't read it, something to keep in mind.**

**How to Give CPR to Yourself....**Try to remain calm, and REMEMBER THIS...A possible lifesaver

This comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London, Ontario.

I hope everyone can send this on as it is really important for everyone to know!

1. Let's say it's 7:25 pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.

5. You have been trained in CPR but the guy that taught the course did not tell you how to perform it on yourself.

6. **HOW TO SURVIVE A HEART ATTACK WHEN ALONE?**  
Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

7. However, these victims can help themselves by coughing repeatedly and very vigorously.

**A deep breath should be taken before each cough and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.**

**A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.**

8. **Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.**

**The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.**

9. Tell as many other people as possible about this. It could save their lives!

10. A cardiologist says: "If everyone who gets this email and kindly sends it to 10 people, you can bet that we'll save at least one life."

**Rather than sending jokes, please ..... contribute by forwarding this email which can save a person's life....**

## GETTING OLDER

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

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

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

Some people try to turn back their odometers. Not me! I want people to know why I look this way.

I've travelled a long way and some of the roads weren't paved

***"Lord, keep Your arm around my shoulder and Your hand over my mouth!"***

Local Police hunting the 'knitting needle nutter', who has stabbed six people in the rear in the last 48 hours, believe the attacker could be following some kind of pattern

Paddy says "Mick, I'm thinking of buying a Labrador."

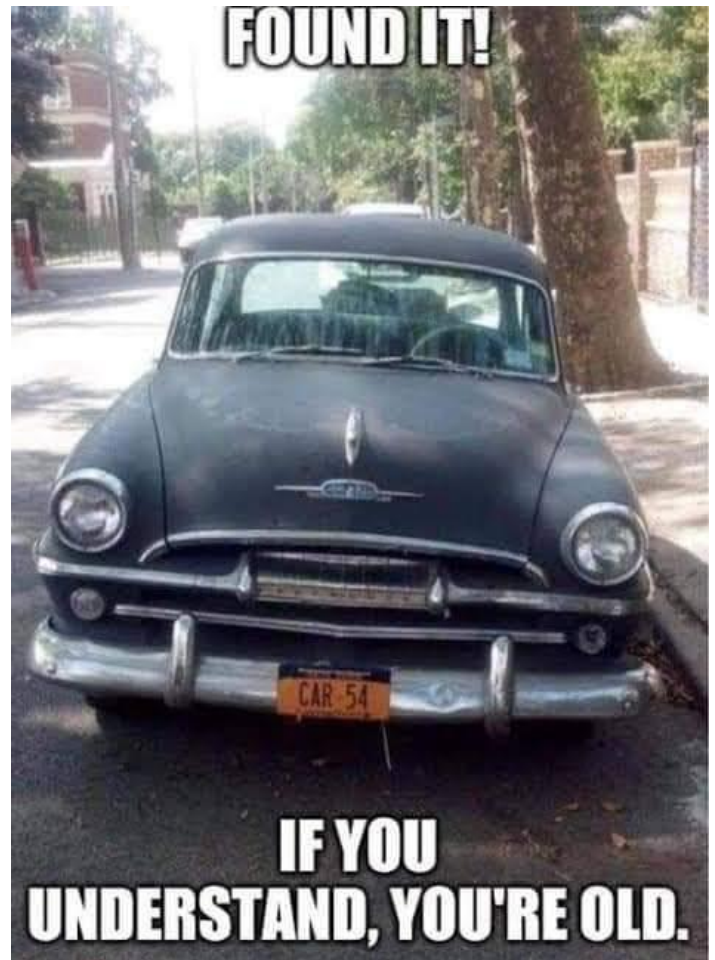
"Bugger that" says Mick, "have you seen how many of their owners go blind?"

A blonde man goes to the vet with his goldfish

"I think it's got epilepsy," he tells the vet.

The vet takes a look and says, "I seems calm enough to me."

The blonde man says, "Wait, I haven't taken it out of the bowl yet!"



Hint. Think of an old TV Show and be proud of your age!

Back in the early 1400's, chess became super popular in a European community. There was a certain group of people in particular who were especially enthusiastic about the game. They meet up to play chess with each other at every opportunity.

Eventually, this obsession with playing chess caught the attention of the church leaders who noticed that this group of people were skipping church to play chess instead. This was seen as blasphemous and they were ordered to stop immediately.

Unfortunately, the draw of the game proved too strong for these chess aficionados and after continuing to defy the church, they were arrested and tried for heresy. They were found guilty and sentenced to be burned at the stake. This public execution, held in the town square, became the first recorded incident of chess nuts roasting on an open fire.

***Sometimes, when my husband makes me mad, I look at him through a fork and pretend he's in jail...it heals me spiritually!***

Let me get this straight: you've eaten bologna your entire life, but you'll refuse a vaccine because you don't know what's in it?

My wife made me coffee this morning and winked at me when she handed me the cup.

I've never been more scared of a drink in all of my life.

Short Quips

Dad, are we pyromaniacs? *Yes, we arson.*

What do you call a pig with laryngitis? *Disgruntled.*

Why do bees stay in their hives during winter? *Swarm.*

If you're bad at haggling, *you'll end up paying the price.*

Just so everyone's clear, *I'm going to put my glasses on.*

A commander walks into a bar and orders everyone around.

I lost my job as a stage designer. *I left without making a scene.*

How much did the pirate pay to get his ears pierced?

*A buccaneer.*

## Manning Valley

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## Welcome to Debs Gardening,



Summer, so far not much of one again this year! I think to myself that it feels as if the seasons are moving forward- Spring seems to be more like October, November and December. Summer – January, February and March, etc; that's just my opinion.

The garden has flourished with all this rain, so has the weeds and the lawn but I am proud to say that I haven't lost my touch with the tomato patch; I have had an abundance of tomatoes that I have been making relish, chutneys and sun dried tomatoes with. I planted Roma, Round and cherry tomatoes, the mice have had a field day but they are still leaving me plenty.

I planted a crop in a large vegie planter box; prior to planting I filled the planter with weeds, grass clippings, food scraps, basically made a compost heap then topped it with loads of cow manure, scattering of blood and bone and chicken manure, added a layer of sugar cane mulch and planted the seedlings straight in it. The tomatoes are growing as the compost is breaking down; it was a continuing supply of fertiliser from the breakdown of the compost. A dose of liquid Seasoil was applied a couple of times at the early stages of the growing season. I also planted basil, nasturtiums and marigolds as companion planting on the outside of the planter box. They are still growing strongly and still plenty to pick.. The other crop of tomatoes were planted directly into the ground, and were planted a month later so I had a continuous crop, they are almost ready to pick and are also thriving. Cow manure, bloody and bone and chicken pellets were added to the soil prior to planting.

I also have a couple of large concrete containers. I had corn growing in one, capsicums in another, all grown in the same process as the tomatoes. The corn has just been harvested and I have followed it up with carrots, which are just germinating now. Carrots like to follow a crop that is a heavy feeder as they don't like fresh manures; hence they will grow arms and legs. The soil in the container is riddled with worms and very friable, perfect for carrots. The capsicums are not quite ready to pick but looking healthy.

My daughter has moved to a property with no garden at all just lawn and she would love to put a small garden in, however it is very sandy soil, with little organic matter and no water retention. She told me that she wants to buy a load of soil (very expensive) I have mentioned to her the NO DIG garden, which is just how I did my planter boxes by layering organic material, but with the NO DIG garden starting on top of grass, a thick layer of wet cardboard or newspaper to smother the

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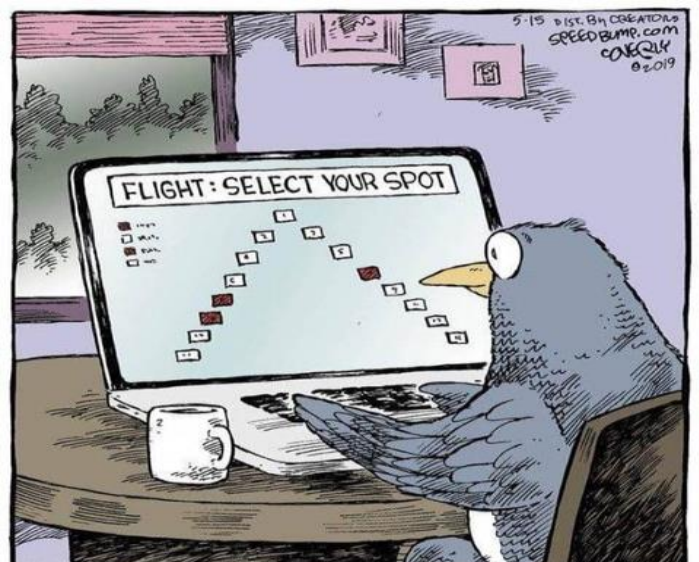
grass is how it should start, then start the thick layering with grass clipping, manures, cuttings, any sort of organic material and just layer it over the top of the newspaper/cardboard. The final layer should be a layer of sugar cane mulch, straw or hay. It will all break down, improve the soil structure, and incorporate organic material into the soil and hold moisture. She can plant straight into the no dig garden by just digging a hole in the compost and adding some potting mix where she wants to put a plant in. The potting mix will feed the plant, help anchor the roots until the NO DIG compost breaks down. I started a lot of my gardens that way and I am still watching the pansy's flower.

I am starting on a new garden where a Fig tree was recently cut down as the roots were invading the septic system and it was planted too close to the house. However as I haven't gotten to it, weeds have taken over such as thistle, lantana, croften weeds, etc. I have whipper snipped the lot and covered it with black plastic a technique called solarisation to cook the weeds and seeds. Then I will start the process of the NO DIG approach. I plan to plant waratahs and Proteas but I want to wait until the summer heat is over before I start planting.

With my theory that the seasons have changed, I sowed the last crop of climbing beans a few weeks ago to see if I get a pick, as if they are left too late in the season to plant they don't set pods. I have also had a lot of Broad Beans self sow in the garden which are just coming into flowering; it will be interesting to see if I get a pick as they are planted usually in the spring too.

Well I am off to jump on the lawn mower again; I can watch the grass grow in front of my eyes. Happy gardening everyone and a thought "Happiness is a state of Activity"

**Deb**




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## Good Medicine

### A Fresh Start

We like the idea of a fresh start don't we? Sometimes we try to do this on a significant birthday or at the beginning of a new year with resolutions. Two amusing ones I read were: get lost without help from your GPS, and stop procrastinating - tomorrow.

Perhaps at these times we take a look at ourselves, assess our lives and 'try putting our failures behind us to start over'. This can be a positive step to try and see ways we can improve with the idea of becoming better people ... maybe losing weight or giving more time to important relationships or changing jobs. We say Happy New Year and hope it will be better than last year. The official name for this is 'the fresh start effect'.

'Faith in Jesus speaks powerfully to this longing offering a vision of what our best selves can be and calling us to leave our past selves behind, *Colossians 3:10*. When we believe in Jesus we become new people and God's Spirit works in us to make us whole'.

You may have seen those signs in shops or boutiques, *You break it, you buy it*, warning people to make sure and take care. Ironically, a different sign might be placed in a real potter's shop. It would say: *If you break it we'll make it into something better*'.

In the Old Testament the prophet Jeremiah went to the potter's house and saw him reshape the marred clay *Jeremiah 18:1-6*, and form it into another pot. When God is the potter He doesn't look at our broken lives, mistakes and past sins as unusable. Instead He picks up our pieces and reshapes them into something beautiful as He sees best. We don't have to try to become better people, in fact it is beyond human strength. God will do this for us if we ask Him.

When we believe in Jesus we become new people and are made whole by His Spirit.

Receiving salvation in Jesus is the ultimate fresh start and it doesn't need to wait for a special calendar date. Your new life can start right now.

And *Love the Lord your God* leads to - loving your neighbour as yourself.

Quotes from ourdailybread.org

*The Counsellor*

## St Paul's Anglican Church - Nabiac

**H**ere at St. Paul's Nabiac we've been fishing! Like the disciples called by Jesus we have a genuine net (thanks to a parishioner) but unlike Simon Peter and his mates, we're angling for people, although that's what these fellows did; they dropped everything to tramp around the country side with Jesus.

We'd love you to come and join with us on Sundays at 10 a.m. The first Sunday in the month is Morning Tea. Do hope to see a few more locals on our historic little church o Clarkson Street, right next door to the SES



See you soon.  
Till then, many blessings from  
Rev. Helen  
Quinn and the  
parishioners of  
St Pauls.

## Useful Numbers

### EMERGENCY - Police - Fire - Ambulance 000

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Essential Energy - Power outages	132 080
Police	131 444
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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 3<sup>rd</sup> Sunday  
For information regarding the Nabiac Community Church please contact Margaret **Weller** (6554 1212), Jill **Hammond** (6555 7747)

### St Bernadette's Catholic Church, Krambach

**February** Mass times are Saturday 5<sup>th</sup> at 6:00pm - Saturday 12<sup>th</sup> at 6:00pm - Saturday 19<sup>th</sup> at 6:00pm  
(contact Helen Legg on 6559 1211)

### 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** (0493 278 243)

### Christmas Eve Holy Communion 24<sup>th</sup> at 6:pm

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

**February** Mass time is Saturday 26th at 6:00pm

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

Hello everyone,

It's amazing that Christmas and the New Year is well underway. It has been a crazy start to 2022.

I would like to start by saying that, due to already being booked out weeks in advance, we have made the incredibly hard decision to close our books to new clients.

We think it's important to look after our existing clients. We take pride in our work and don't feel it's fair to spread ourselves too thin. We thank everyone for their understanding.

*Belinda, Barb and Jess*

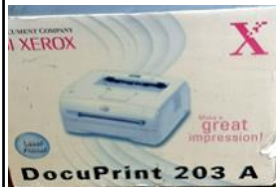
Now for the saying of the month:

"Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom."

*Belinda* 😊

### FREEBIES

Free to who ever wants them!



← Xerox Printer Still in un-opened box and about 10 years old.

→ Small Ryobi Electric Band Saw - 700mm high



← Vintage lawn mower needing an enthusiast to bring it back to life

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

## Do you have a current Responsible Service of Alcohol certificate?

The Wallamba District Show committee is looking for a volunteer  
to help us run our new bar at this year's Show.

The recently completed Canteen has a secure room for selling from  
and a large, covered area with good views of the Main and Cattle  
rings.

The Show is on Saturday 19<sup>th</sup> March, the bar will be open noon to  
7pm.

If you're able to assist, please contact Sally Henderson

e-mail: [secretary\\_wdah@outlook.com](mailto:secretary_wdah@outlook.com) or ph: 0420 937 463

### 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

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