

and it's FREE, too!

# ACROSS THE FENCE

# It's Showtime



# at NABIAC

Dust off your glad rags and head on down to NABIAC Showgrounds on Saturday 19th to celebrate the WDA & H Assoc Inc's 109th Show. Back with the carnival, show dogs, horses, cattle, goats and poultry and the fabulous entertainers for you to see again and enjoy.

Don't forget to get your entries in for the Hall and Produce exhibits.

New Wood Chop, Tug-o-War and Doggie High Jump competitions

Stay on for the Demo Derby and the Fireworks

Remember kids, to bring your pets down for the Pet competition, strictly kids only this year.

More details page 5

News from the Wallamba Watershed is a FROGS BOTTOM PRODUCTION



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## Editorial.

Hi all,

I don't know how many of you picked up some little mistakes in the February issue, but apologies for the errors.

After returning from Sydney virtually the day before I had to start printing the paper things got a bit hectic. Half way through the print the copier played up and then died. As it was out of warranty I had to get the new one delivered, which I had stalled doing hoping to get the February issue done first as delivery meant removing the office door and emptying and moving two bookcases as my door ways only JUST fit the copier through them. Rain delayed the delivery for 4 days and then it took two days to set it up and get going again. The joys of living in an old house!

All this whilst I was supposed to be entertaining/looking after my brother who returned with me for a 2 week holiday together.

Stress kind of kicked in and the brain went numb, so huge apologies for any faults you found.

Big excitement with the Show going ahead. Just hope the rain holds off and the grounds are dry enough for it to go ahead.

The rain has made the paddocks and landscape look fantastic. Best it's been in 30 years an ex neighbour told me, so the cattle should be feeding well and breeding well after the drought and miserable weather of the past few years.

Just had a quick look at last year's ATF front page and it had an ARK on it. If you all remember, we were getting to the point of thinking of boarding the ARK as we were getting flooded in and I hope that is not going to be a repeat this year.

Exciting time at Nabitac in 1945 with planes doing emergency landings at the old aerodrome. Just thinking of the consequences to the town at the time if the planes actually had crash landed. Hard to imagine dear ole Nabitac being a base for war planes during WW11, when it would still have been a quiet little country village. How things have changed!

It is nice to have Nabitac School back on board giving us insight to the events that happen in our local schools. Appears to be a lot of new faces with the teachers and they sound full of enthusiasm for educating their pupils.

The local artists are as busy as ever and their artistic ability always makes me a tad jealous as I am not particularly artistically gifted.

Hopefully will the easing of COVID regulations we will have more news of events happening in the area as people venture out to start living normal lives again.

Lots of BIG articles this month taking up all of the paper so, sorry, not funnies or council updates.

'til next month  
Lyn, & Timidthy



## WHAT'S HAPPENING IN MARCH, 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)	26 <sup>th</sup>	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
• 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
• 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)

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, Nabitac, 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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## Show News

### NEW BROADCAST SYSTEM TO TRANSFORM NABIAC SHOWGROUND

\$30,000 from the NSW Government's Country Shows Support Package is set to modernise the broadcast system at Nabiac showground and improve the experience for locals and visitors alike.

The old system was not weatherproof and had to be manually installed each year and then dismantled and stored for the following year's show. Its coverage was also somewhat limited to particular parts of the ground rendering it impossible to use in certain patches.

The President of the Show Committee, Mr John Baker, said that new broadcast system will benefit all users of the Showground.

"The new all-weather system will remain permanently ready for use by any of the many users of the Showgrounds, such as the Farmers Market and Pony Club. It will be just a case of flicking a switch" Mr Baker said.

"The new system will also have the capacity to be 'zoned' to certain areas of the ground and will have a number of roving microphones to allow commentators to get amongst it and give the audience a true taste of the action.

Member for Myall Lakes, Mr Stephen Bromhead said: "Wallamba District Show is a fantastic local tradition in its own right and this grant will ensure it continues to delight locals and be a part of our history for many generations to come.

I'm proud that the NSW Nationals in government are able to continue supporting country shows, which are a real highlight in the local calendar. I look forward to seeing spectators back at the show and hearing the new broadcasting system in action."

The balance of the grant is to be spent on some new infrastructure projects around the ground and for the implementation of a new online ticketing system that will provide safe and easy entry into the ground on Show day.

"With most COVID restrictions removed for spectators and major drawcards like wood chopping again featuring on the program, this year's Show will be a great opportunity for the community to shake off the last two years and have some fun" Mr Baker said, "We just need 19<sup>th</sup> March to be a fine day!"



## Nabiac Second Chance Opportunity Shop

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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.

Hello to ALL,

Not a lot to report this month. QR Code is no longer required. Masks are optional. Hopefully with these restrictions being relaxed it will make a difference to everyone visiting the Op Shop and Shed. We still have sanitiser available at the entrance and throughout the Op Shop and Shed for customers to use if required.

The last couple of months have been quiet and it is starting to pick up, now that kids are back at school and more travellers are stopping in Town.

### DONATIONS:

A friendly reminder that it would be appreciated if you dropped 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 appreciate all the donations but it is becoming a hazard when opening in the morning. This is still happening but has eased over the last month. Thankyou for your co-operation and all the donations we have received.

### SHOP:

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:

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.

Kind Regards

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

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## Between the Pages

## Nabiac Library News



Hello there to all our local Library users. Welcome to this month's Nabiac Library News!

It has been a very tropical summer this year! Thank goodness for the air conditioned comfort to be found in Nabiac Library. Our volunteer staff love it, and our community members welcome the cool air as they enter, and then take the time to browse our shelves, sit and read the papers or have a go at adding pieces to our community jigsaw puzzle. Come and enjoy!

The Covid pandemic thankfully, seems to be easing in Australia, and NSW restrictions have been reduced for the moment. There is currently no need to QR Code into our Library. However, we would appreciate if you would still wear a mask and hand sanitise on entry, until masks are no longer needed. Please note that masks will no longer be mandatory as of Friday 25<sup>th</sup> February. For many of us this will be a welcome relief; as they have been very uncomfortable to wear during our current hot and humid weather conditions.

We have some exciting events coming up in March at Nabiac Library. To celebrate the Seniors Festival in late March we plan to have two events:

- Scams Awareness Information Session on Tuesday 22<sup>nd</sup> March in the afternoon.
- Seniors Workshop on Monday 28<sup>th</sup> March from 9:30- 11am making an embroidery needlework glasses or phone case



There will also be the Tech Savvy Seniors workshops running throughout March.

Check out our Midcoast Libraries website for booking information. We look forward to sharing these events with you. <https://library.midcoast.nsw.gov.au/>

Did you know that Tuesday 8<sup>th</sup> March is International Women's Day? To coincide with this our MidCoast libraries will be offering a Zoom event "About a Book" hosted by Kaneana May and featuring two special guest authors; Lee Christine and Fiona Lowe. This will be

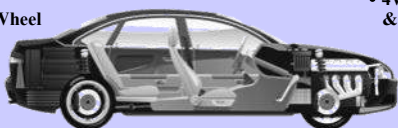
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available from 7-8pm on Tuesday 8<sup>th</sup> March. Please register your interest at

<https://library.midcoast.nsw.gov.au/Events/Zoom-event-About-A-Book-March-2022?>

Also coming up at Forster and Taree Libraries on Sunday 13<sup>th</sup> March is an exciting Satellite event live streaming from the Sydney Opera House.

**All about Women Satellite.** This is a provocative and thought provoking insight into Australia from some of our nation's leading women.

Three sessions from the All About Women Festival will be live streamed from the Sydney Opera House. Designed to make you think and push your boundaries, all about women is a vibrant festival that asks questions about gender, justice and equality.

11:30-1:00 First Nations Women (Aileen Moreton-Robinson, Chelsea Watego, Alison Whittaker & Amy McQuire with host Larissa Behrendt)

1:30-2:30 Protecting the Outspoken (Rose Batty and Grace Tame)

4:00-5:00 Laura Tingle Explains it all

More Information about All About Women Festival at the Sydney Opera House <https://www.sydneyoperahouse.com/all-about-women>  
For further information and booking details please go to: <https://library.midcoast.nsw.gov.au/>

The Wallamba District Agricultural and Horticultural Association Inc. will be holding their 109<sup>th</sup> Wallamba (Nabiac) Show on Saturday 19<sup>th</sup> March, 2022. Nabiac Library now has copies of the various entry schedules available for your perusal. Please do come and see what you may like to enter to help make this a great Agricultural and Horticultural showcase for Nabiac. We know there are many new residents out there starting up farming and new businesses. This may be the opportunity you need to kick start your ideas. Check out Wallamba Show! <https://nabiac.com/show/>

**NB!! NABIAC LIBRARY WILL BE CLOSED 19<sup>TH</sup> MARCH 2022 FOR the WALLAMBA SHOW.**

In the meantime we look forward to seeing you at our unique country library, where you will always be greeted with a smile and a welcome and find our volunteer staff ready to help you with any requests or queries. We can be found at Nabiac Showground @ 44 Nabiac Street. Our current operating hours are:

Monday 3PM-5PM

Tuesday 3PM-5PM

Thursday 9AM-11AM

Saturday 10AM-12 (earlier on Farmer's Market Day – last Saturday of the month)

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## Show News

Have faith, it will stop raining and we WILL have our 2022 Show.

To make it bigger and better than ever there are some new things and some familiar things we need you to participate in.

Firstly, have you been to nabiac.com lately? Show details are all loaded onto the site for easy access – Schedules, Entry Forms, Rules, Waivers, and the Program of Events for the day.

On the front page is our newest feature –

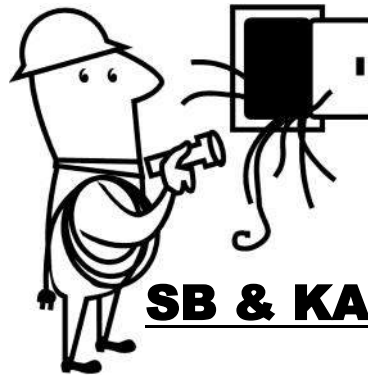
**Buy your 2022 tickets online**

By clicking this link you'll be taken to our event booking page at 123Tix.

It's a fast four-step process. Just load the number of tickets you require, add some contact details, make the payment and they'll be emailed to you promptly. You can print out a copy or save it to your phone.

Then on Show Day entry will be nice and fast with a quick scanning of your ticket(s) you'll straight through the gate and headed towards your first favourite attraction. (To alleviate concern of the new, if we cancel the Show, you will have your ticket price refunded to the card used for payment, without the banks' Merchant fee.)

I'm sure many of you are aware of and are possibly thinking about entering a team in the **Wallamba Tug of War Championship**. What better outcome of a Saturday afternoon for six strong tuggers than



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having a fun tug of war and coming away with \$500 for their Club, Pub or Gym? We need to hear from you. Here is where you start [WDAH-Tug-of-War-Entry-Form-2022.pdf \(nabiac.com\)](#) Come and join us, have some fun and provide entertainment for all the spectators and your cheer squad.

Rumour has it there are groups of young men out in garages and sheds late into the night working on their cars for the **Demolition Derby**. Building them just to have all the fun of driving around the Ring to damage others and come away with title **Nabiac King of the Ring**. What great fun for the participants who annually put on a spectacular show for all the District. **Judd Barker** is again undertaking 'Derby Ring Master' duties this year and he's looking forward to hearing from you - m: 0419 609 455 or e: judson\_84@outlook.com.

By the time you read this it will be less than three weeks to Show Time. So good luck with the damp gardens and refining your Flower and Produce exhibits, we know you'll all do your best. Possibly you have a second, in-door skill you can tap into and enter a new category this year.

Looking forward to seeing you all there. It's time to get out, share time, fresh air and hospitality with other members of the Wallamba District also wanting the new to begin.

**Sally Henderson**

Secretary

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Information: [www.nabiac.com/show](http://www.nabiac.com/show)

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### MINIMBAH MATTERS

Minimbah Rural Fire Brigade, like so many other Brigades across the State and interstate, were exceptionally busy in the latter part of 2019 and early 2020. Also like many other Brigades, several Minimbah Brigade Members have recently received a Commissioner's Certificate for Service "in recognition of their involvement and support in the effort to preserve life and property during the 2019-2020 bush fire season". We are volunteers and don't join the NSW Rural Fire Service (RFS) hoping to receive awards or medals, but it is nice to receive recognition for our efforts from time to time.

*Some of the Minimbah Brigade Members who received the Commissioner's Certificate for Service.*

*Some recipients were unable to attend on the day.*



After any fire, regardless of size, an "after action review" is carried out. It may be at Brigade level in the truck on the way back to the Station or in the Station itself - a simple "What did we set out to do? Did we do it? Could we have done better?" type of scenario. It may be at District Level, or even interstate and inter-agency level, depending on who was involved and the intensity and length of the campaign. In the case of large fires such as those in Victoria in 2009 and our 2019-2020 campaign, it is not unusual for a list of recommendations to come from the review. Amongst these in the last year or so has been the development of a National Bush Fire Alert System



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WATCH AND ACT:  
Start taking action  
Orange triangle

Now a newly developed Australian Fire Danger Rating System is expected to be in place around September this year. It is a new approach to forecasting and communicating fire danger across Australia that will improve public safety and reduce the impact of fires. The NSW RFS is leading the national project on behalf of all Australian States and Territories in conjunction with AFAC\*.

**It's Almost Show Time!** Our Brigade will be at the Nabiac Show (up near the top gate close to where the DONK will be located this year), so come and see us. Don't forget to bring your questions with you. In the meantime, remember it is currently the Bush Fire Danger Period (hard to believe, we know, but it is) and therefore Fire Permits are still required and a much sought-after item.

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.

**We live with bush fires,  
so  
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## NEWS FROM BUNYAH

The Bunyah Hall Committee held their AGM on 9<sup>th</sup> February, 2022 with all nominations being accepted.

**PRESIDENT**  
**SECRETARY/GARDEN CREW**  
**TREASURER/BOOKING OFFICER**  
**FUNCTIONS**  
**COMMITTEE MEMBERS**

**Neryl Simpson**  
**Maureen Ralph**  
**Linda Pilmore**  
**Ann Murray**  
**Christine Palin, &**  
**Brian Hart**

Christine Palin has resigned as Treasurer/Booking Officer, but will remain on Committee. Christine accepted her first position as Garden Crew Co-Ordinator in 2011 before moving to Treasurer/Booking Officer for 2 years, but due to work commitments she then changed over to Minute Secretary until 2020 at which time, Christine then returned to Treasurer/Booking Officer.

Christine remains a valuable member with her expertise and as a contributor to our Hall.

Linda Pilmore will now take over these roles as Treasurer/Booking Officer.

We also welcome *Vicky Miller* to our Garden Crew who is yet to undergo Council Parks & Gardens Training. *Craig Cardy* has been doing this job on his own for a couple of years now after other Volunteers' work commitments naturally had to take precedence. We very much appreciate Craig keeping our lawn mowed and weed spraying in between maintaining his own property and his real job which takes him outside the area.

Should you be interested in being a Volunteer on our Garden Crew this involves mowing the lawn which is more often in summer, spraying weeds on and around the tennis court when necessary and whipper snipping, please give **Maureen Ralph a call on 0408 463 944**. You do the job when it suits you and if there are more Volunteers, it is shared around; so please give it some thought!


We have our own Ride-on mower, Whipper Snipper and Petrol is supplied. Council provides you with Hi Viz shirt/Vest & Hats.

The Hall ceiling has now been professionally cleaned of mould and painting will be done in the coming weeks; the Committee plus any Volunteers, will now follow up with a thorough clean of the Hall. We can then look to planning some functions with safety. Easter will be a good time to hold a function when more people will be available. As arrangements come together, details will appear in this News, on our Noticeboard at the roadside and a Leaflet drop to Letterboxes.

Tennis has continued on without a break over the Christmas New Year period and last Wednesday, we had a pleasant surprise when one of

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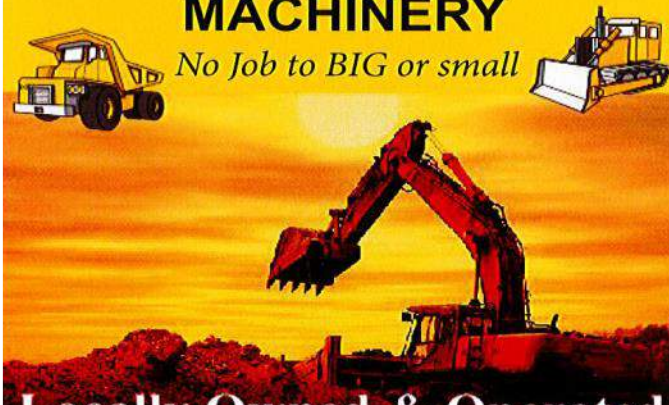
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our Players, *Sandra Goodhand's* granddaughter *Brooke*, joined us for the morning's Play. Brooke is in her 2<sup>nd</sup> year of training as a Paramedic at Port Macquarie Campus after having completed her school education on the central coast NSW. Brooke also plays Touch Football & Tag and is in the NSW State Representative side. We welcome you Brooke, anytime for a game of Tennis, but we might forgo Football or Tag!

Everyone is welcome to join us for Coffee/Morning Tea on Wednesdays even though you may not want to play Tennis; it's a great way to get to know other residents and to have a chat and swap stories! Don't feel shy, you will fit in well. Look forward to meeting you!

*Neryl Simpson*

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## NABIAC PUBLIC SCHOOL



Term 1 is almost half over and we have certainly hit the ground running! Let me introduce you to the Executive Team at NPS this year.



Hello, I would like to introduce myself, my name is **Lorelle O'Brien** and I am really excited to be joining the Nabiac Public School team! I thought I would take the time to share with you a little bit about myself. I moved to Forster four and a half years ago with my husband and two children. I was the Deputy Principal of Forster Public School and for the last year have been the Acting Principal. We moved to Forster from Tenterfield where we had lived for 7 years and previous to that, Sydney (where I started my teaching career at Chester Hill PS). During my time in Tenterfield I held a few roles - Assistant Principal, Instructional Leader and Acting Principal. I was also lucky to work across a number of schools in the Northern Tablelands. I absolutely love my job and I am looking forward to meeting you and working in partnership to ensure your child/children are happy and successful learners. I would like to thank **Michelle Dunning** for the tremendous work she did as the Relieving Principal last year and for welcoming me in my new role. As you are aware, Covid regulations continue to occur. We will continue to communicate changes through letters, Facebook and the school website. We thank you in advance for your patience and support as we work through this together.



This year we also welcome Miss **Brooke Egan** to our school. Miss Egan was successful in gaining the Assistant Principal position through merit selection last year. Miss Egan comes to Nabiac Public School from Forster Public School where she was in the Stage 2 Assistant Principal position for the past four years. Miss Egan is teaching a Year 5/6 class this year and is supervising grades 3-6.

To ensure all students have a strong foundation in literacy and numeracy, deep content knowledge and confidence in their ability to learn, adapt and be responsible citizens, the Department of Education has introduced a new role- Assistant Principal, Curriculum and Instruction (APCI). Our school gained a full time position which I'm happy to share with you, this will be Mrs **Michelle Dunning's** role.



We also welcome Mrs **Renae Durbin** who joins us every Tuesday as an APCI. Mrs Durbin has over twenty years of teaching experience, most recently working in the role as Instructional Leader across three local schools. She is excited to be part of the team at Nabiac PS and says she looks forward to meeting families and working with students and staff in her new role.

The fourth member of our Executive team this year is Miss **Karlie Brock** who has been a classroom teacher at NPS for many years and this year will be filling the role of Relieving Assistant Principal. Miss Brock is teaching Year 1/2 this year and is supervising grades K-2.



The executive team look forward to working with the staff, students and Nabiac community to ensure we live up to our reputation as "the best little school... anywhere".

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## Swimming Carnival 2022

Nabiac Public School's Swimming Carnival was a great event this year. Despite a mid-carnival rainy patch, competitors showed great sportsmanship and the parents showed excitement from the sideline!

CONGRATULATIONS to the winning house, **KATANGA!!**

Congratulation goes to the following children who were the champions for their age groups:

Jnr Boy Champion: **Callum Ferguson** (Biripi)

Jnr Girl Champion: **Charlotte Merrick** (Katanga)

**Tiggy Eckersley** (Awabba)

11yr Boy Champion: **Hayden Scott** (Biripi)

11yr Girl Champion: **Grace Earnshaw** (Katanga) Katanga House  
Captains with the Shield

Snr Boy Champion: **Max Arandale** (Katanga) **Jack Day, Matthew Clements, Matilda Buttel, Avey Leatherbarrow**

Snr Girl Champion: **Paige Williams** (Wallamba)

Earlier this month Mrs O'Brien had the pleasure of attending a Lion's Club presentation where our school was gifted \$800. Lion's Club supported other community groups who were equally as thankful. On behalf of the Nabiac Public School students and staff Mrs O'Brien presented the Lion's Club with a certificate of appreciation. We thank the Lion's Club for all the work they have done over the years.

Our Proactive and supportive P&C meet on Monday evenings Week 3 and 8 each term. The meetings are held at the Aub Ferris Sport Complex (Showground Lane) at 6pm. We would love to see you at our meetings!

Volunteers are a vital part of our school canteen team and the canteen cannot operate without them. We appreciate the time and effort our volunteers devote to the canteen and in return we do our best to ensure it is a fun and rewarding experience for you. Hours are 9am – 12ish (but even an hour in the morning is much appreciated!) Your morning will include:

Making healthy canteen lunches

Enjoying lunch and a cuppa on us

Having a good laugh, lots of fun and a chat

You can make the day even more fun and bring a friend/family member with you.

All volunteers must fill out a volunteer working with children check at the office before volunteering, be fully vaccinated and show their covid vaccination certificate. I look forward to meeting you all! To put your name down on the roster you can phone the school office on 6554 1247 or phone me- **Michelle** (Canteen Purchasing Officer) on 0423 491 003.

Have a wonderful March

**Leonie McKinnon**

School Admin Manager (Rel)



**Many Hands Make LIGHT Work**

## Where are they now?

Calling on ex-students who graduated Year 6 at Nabiac Public School in the following years - 1932, 1942, 1952, 1962, 1972, 1982, 1992, 2002 & 2012. NPS would like to do a feature in Across the Fence and on our Facebook page each month to inform our community what our former students are up to now, or career paths they may have taken. If you would like to participate or know someone who attended Year 6 in the years listed please send me an email for further info.

[leonie.mckinnon1@det.nsw.edu.au](mailto:leonie.mckinnon1@det.nsw.edu.au)

Thank you in advance!





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## WALLAMBA CWA REPORT

Well we all made it through the Festive Season and are ready to take on another year. President **Margaret Weller** welcome 13 ladies to our February meeting held at the Nabiac Village Community Church Hall and received a further 3 apologies.

It was great to be able to sing our "National Anthem" and recite our CWA Motto Prayer before pausing to remember departed family members and friends. It came a shock to learn that Patron **Norma Flood** had lost her husband **John** in early January – she and John would have celebrated their 62<sup>nd</sup> wedding anniversary on 23<sup>rd</sup> January. Our deepest condolences were expressed to Norma and her family on John's passing and as a mark of respect President Margaret delivered a prayer in memory of John who had been long serving member of the Anglican Church particularly at Dyer's Crossing and Nabiac.

Members also remember **Beth Zoller** (nee Temple) Rev **Stuart Benson**, former Anglican Minister of Wallamba Parish, the late **Tom Masters**, **Gordon Bithrey**, Member and Patron **Iris Cummings** who had lost her sister **Alma** and Secretary **Pam Muxlow's** friend **Christine Yarnold** (30 year volunteer with Bobin RFS & wife of **Tom** of Kippax.)

Pam provided our thought this month and was "**What matters is not to add years to your life, but to add life to your years**". Member **Jean** will supply March thought.

Towards the end January the Group Friendship Day and Land Cookery competition was held/hosted by Wauchope Branch and this was reported on by Cookery Officer **Beth**, Cultural and Group Cultural Officer **Penny**.

Treasurer **Jenny Ang** presented the financial report of the Branch and at point the members discussed the Branch's sponsorship of prize money in the various sections of the upcoming Wallamba Show for 2022. The Branch donates prize money for Boiled Fruit Cake, Pure Wool article in the Knitting section and the same in Crochet Section Pure Wool article and Best Floral Art Flower Arrangement – the Branch has been doing this for a number of years.

In International Officer Penny's report she reminded members that we are still studying Malaysia till May when we then go on to learn about Romania. Penny spoke about the Volcanic eruption which had recently occurred in the Pacific region and left devastating results. The Pacific nation of Tonga had been Covid free before the eruption then the ships bringing in aid to assist the country (*also brought in*

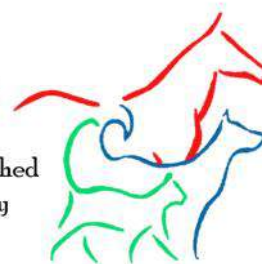
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COVID) and they are now battling it.

Penny then spoke about the Friendship Day under her Cultural Officer position and said how it had meant to proceed but it has changed now that the Cookery competition has been tagged on to it and Covid didn't make it any easier.

Members who attended agreed the Poetry was great and there was a great array of handicrafts to buy. All attending received a small cloth bag containing 2 biscuits to enjoy with their morning tea.

**Beth**, our Branch Cookery Officer was pleased with the results achieved by the Wallamba ladies who had entered - a total of 15 entries resulting in 5 wins. Jean gained a 1<sup>st</sup> with her scones and 1<sup>st</sup> with her Date & Walnut Roll, Margaret gained a 2<sup>nd</sup> placing with her Steamed Fruit Pudding, **Jill** placed 2<sup>nd</sup> with her Pickles and **Jenny** gained a 3<sup>rd</sup> with Date and Walnut Roll. Well done ladies.

The judge was **Mark Williamson** from Grafton and was pleased with the 96 entries overall. He congratulated all entrants on the fact that there were no cooling tray marks on any of the cakes. **Coral** missed out on her cake which would have placed but unfortunately it had a flour circle on the bottom and was disqualified but it still tasted good.

**Merle** gave us her handicraft report and told of her trip to Mudgee for a workshop and planning for the State Judging at Mascot in conjunction with the State Conference in May. Merle has/had a busy time ahead as the MNC CWA Group Handicraft competition is being held in conjunction with the Group Council Meeting on Tuesday 1<sup>st</sup> March, Judging took place on Sunday 27<sup>th</sup> February and will have the result on this in next month's report – hope the Wallamba ladies will do well with their entries.

The meeting had been planned to be held in the Showground Supper Room but due to a mix up with Council it was decided to transfer it to the Church with the handicraft to be display in the Church Hall.

After the Council Meeting is over the members will next get together to conduct the 2022 World Day of Prayer Service being held this year in St. Paul's Anglican Church, Nabiac commencing at 11.00am. on Friday 4<sup>th</sup> March. A collection will be taken up for the work of the World Day of Prayer work – this year the service has been prepared by the women of the United Kingdom, (England, Wales, Scotland and Northern Ireland).

The next meeting will be held Tuesday 8<sup>th</sup> March at the usual venue. Any newcomers to the area who would like to join are most welcome to come along and meet the ladies.

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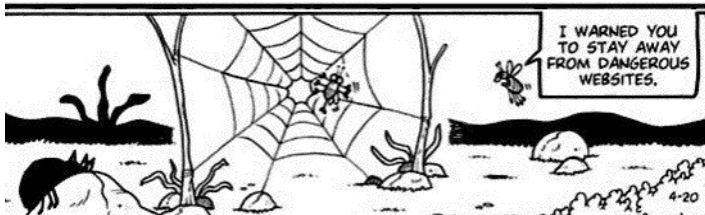
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An event will follow the month meeting on Tuesday 8<sup>th</sup> March and this will be a visit by State CWA President *Stephanie Stanhope* to Wallamba who will host afternoon tea at 2.00pm and be joined by members of Forster and Bulahdelah Branches.

The Branch will also celebrate its 58<sup>th</sup> Birthday on 25<sup>th</sup> March and a special event is still to be confirmed.

**Pamela Muxlow**

Wallamba CWA - Publicity Officer



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## Nabiac Landcare



Australia, land of 'drought and flooding rain'. The great gate valve in the sky must be stuck on open and if you're superstitious, you're afraid to complain because somebody might turn it off.

Weed pulling is a lot easier at the moment but a whole lot sweeter. Even on a cool day the Nabiac Landcare members come out of the bush looking like they've had a shower and need another one! Luckily with a judicious application of bug spray, the mossies haven't been too bad. Unfortunately, the bullants nests are better hidden in the long grass and they really don't like being disturbed.

We have divided into two teams at the moment with one team attacking the big stuff at Lilypilly Bend and the other doing follow-up weeding at Bullock Wharf.

My BOLO weed list at the moment are mostly the old faithfuls--

**Maderia** vine is powering in the warm wet weather. If you do clear some up DO NOT DUMP it somewhere and expect it to die. Wrap it and into the red bin. I have thought a 44 gal drum with a fire under it might be a solution to large amounts of Maderia vine.



**Cassia**, *Senna pendula* var. *glabrata*, is showing it's pretty yellow flowers in sunny spots around Nabiac. It really catches your eye at this time of year so deal with it when you see it. If you love the cassia in your garden please prune it to remove seed pods.



**Formosa/Taiwan lily** is finishing blooming. I went out to get what I thought was ten plants, there were fifty!!! When there are so many plants digging becomes time consuming. Check out **Weedwise NSW Weed-**



**Wise** for more control information on this weed. When you don't have the time or energy to deal with this and many other weeds cut off the seed heads and bag and red bin them. Then put some type of tag in the area so you know where to look for the problem next year. A good idea is to put a note in your electronic calendar to look next year.

Lastly, another garden escapee that is thriving. **Montbretia** (*Crocsmia x crocosimiiflora*) is a vigorously growing bulbous plant with pretty orange flower sprays. It is considered an invasive weed of environmental areas. It spreads rapidly and is setting seed at the moment. **NSW WeedWise** is the best source of information on control in NSW.



Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am 11am, followed by a very yummy 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

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## Nabiac Memorial Neighbourhood Centre Association



Hi to everyone,

On Saturday 5<sup>th</sup> February the Lions Club arranged a presentation and BBQ at the National Motorcycle Museum, Nabiac.

Neighbourhood Centre President **Kit Carson** accepted the donation of a defibrillator. Lions raised \$2,000 and the Neighbourhood Centre offered \$500 for this purchase to go ahead.

We're now busy learning about how it works and finding the most suitable place to attach it outside the building. Again, a big thank you to the Op Shop volunteers and supporters who raise the funds for projects such as this.

**Defibrillators in Nabiac are located at the Hotel, Motorcycle Museum, Aub Ferris Sporting Complex and the Neighbourhood Centre.**

**Nabiac Community Garden** is a hidden treasure at the rear of the



Neighbourhood Centre, behind the big Shed. If you are looking for somewhere to volunteer, meet people and contribute to our community, then drop in and meet the volunteers on Tuesday mornings.

Co-ordinator **Joel Dunn** (Karuah Great Lakes Landcare) can be found on Tuesdays in the Garden or in the little office on the sunny side verandah of the Neighbourhood Centre.

Contact Joel **0401 832 533**.

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



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## Nabiac Village Futures Group News



Town Creek project is slowly moving along. Nabiac Memorial Neighbourhood Centre has offered to fund 3 sets of seating with tables. These are marked on the plan in black. Thank you to the volunteers of the Op Shop and those of you who donate generously for the funding to make this possible. Please note, the plan may not look exactly like this diagram.



The Memorial Park has some tables and seating and there is more in the Village Green and at the skatepark, the pool and the BBQ area.

We will focus more on planning from April onwards. Many of our volunteers from the Nabiac area will now be busy assisting with the 2022 Show and Midcoast Council advised they are reviewing how they work with residents in the community planning process.

Keep thinking and talking about what you would like for our town in the future.

**Louise Collins**, Secretary NVFG  
[nabiacvillagefuturesgroup@gmail.com](mailto:nabiacvillagefuturesgroup@gmail.com)



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# Dr. David GILLESPIE MP

## FEDERAL MEMBER FOR LYNE

### GETTING IT DONE *for Lyne*

## EARLY CHILDHOOD SUPPORT CENTRE WILL 'NURTURE GENERATIONS OF LOCAL FAMILIES'



**Federal funding of \$3.2 million has been announced for construction to be completed on a new early childhood support centre for the MidCoast.**

Building work is underway on the *First Steps Count Child and Community Centre* in Myall Avenue, Taree with a Federal funding commitment now allowing the project to be finished.

"This announcement is the result of an outstanding community collaboration and I am very happy to be delivering this news to everyone involved," Dr Gillespie said. "This will be a far-reaching

and transformative service, nurturing generations of local families."

First Steps Count campaigner Rosemary Sinclair AO: "I am so grateful to Dr David and the Federal Government for getting behind this project. The centre will be offering many essential programs, child health screenings, supported playgroups, parenting support programs and health and wellbeing guidance for those in need. I could not be more proud of this coming to fruition; it will help so many in our community."

**Taree Universities Campus will now have a permanent and much larger home after Lyne MP Dr David Gillespie announced \$5.5-million in Federal funding to secure the former Council Chambers and Administration building in Pulteney Street.**

"This is a very big win for our region and another important milestone in the development of Taree Universities Campus," Dr Gillespie said.

"I started this process in 2018 which came out of our Vision 2030 Plan survey. From there we pulled together a steering committee, then we launched Taree Universities Campus as a project

and appointed a community board of eminent locals to oversee the new entity.

"After that we began putting together the plan and application for operational Federal funding which we secured. In just over a year, there are now more than 180 registered students studying through the campus."

In addition to providing a place for local university students to study, Taree Universities Campus provides pastoral, academic and industry support and has established formal partnerships with several universities to deliver online and face-to-face teaching and learning.



## Dr. David GILLESPIE MP

### FEDERAL MEMBER FOR LYNE

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### Market news:

The February market was a big success. There were plenty of stalls, stunning weather, and happy shoppers. A picture says a thousand words! So here you go...




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### Become a market volunteer

It's a fun and rewarding way to be a part of our thriving Nabiac community. No need to join the committee. It involves 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.

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



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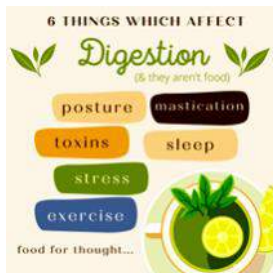



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### Food to aid good digestion.



Many of us have experienced digestive issues. Sometimes, certain foods are harder to digest. Did you know that some foods possess enzymes which help our bodies break down food and aid digestion? Some beneficial food pairings are outlined below.

It's also worth noting that, as well as food, digestion challenges can be caused by many things, such as: Stress; sleep, exposure to toxins, rushing to eat, lack of exercise and posture. Slouching, or sitting at a desk all day can affect functioning of the digestive organs too. A reduced number of good bacteria in the gut can also lead to poor digestive health. We looked at the role of the gut microbiome in last month's article.

### Let the enzymes do the work!

Digestion is the process where food is broken down into smaller and smaller parts, so the nutrients can be absorbed into the body. This starts with enzymes in the mouth which begins breaking down the food as it is chewed. Digestive enzymes are mostly produced by the pancreas, stomach, and small intestine.

The following foods are great for helping break down foods, so the body can maximise the benefits from the vitamins and minerals you eat. It's a good example of the synergy between food.



Bananas contain amylases and glucosidases, two enzymes that digest complex starches into easily absorbed sugars. Such as the starches in the banana, carbohydrates in oats, quinoa, or sweet potato.



Pineapple contains bromelain which helps break down protein foods such as legumes, meat, nuts, seeds, fish, and eggs



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Mangoes and apples contain amylase, an enzyme which helps break down starch, which is in carbohydrate foods, such as bread, oats, rice, crackers, spuds, beetroot, sweet potato, and carrots.



Kiwi fruit contains Actinidin which breaks down proteins and facilitates digestion. It's magic for digestion. I love the gold kiwi.



Avocados contain lipase which helps break down fats



Miso, sauerkraut, and kefir also contain lipase, to break down fats



Honey contains several enzymes, including protease to break down proteins and amylase to break down starch

I've been chopping up a whole pineapple, then adding a couple of cubes to most meals – it's fabulous for digestion! I enjoy most of the foods above every day. If your digestion is good, your body will be able to absorb more vitamins and minerals from food and you'll feel good.

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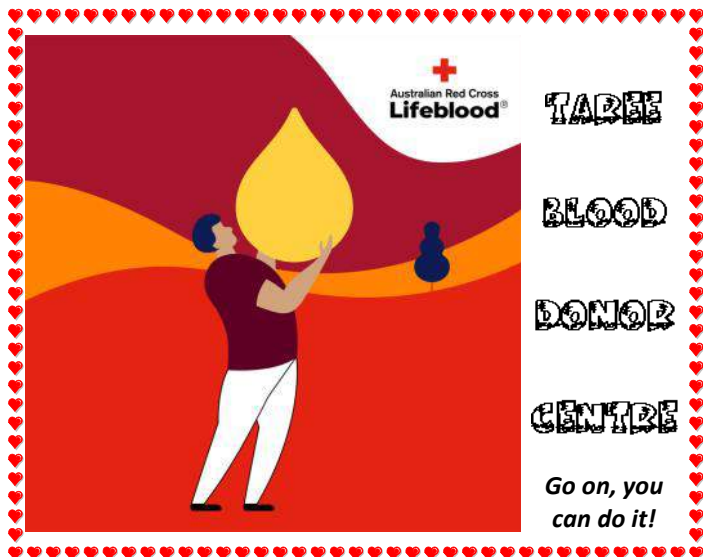
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Stay healthy everyone. **Laura.** ☺




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#### How long does it take?

Leave about an hour and a half for the whole appointment, which includes meeting with a friendly staff member before your donation and having a complimentary snack and drink after.

Donating takes about 45 minutes, and you can use that time to read, catch up on your favourite TV shows or just enjoy some uninterrupted down time.

#### How often can I give plasma?

As often as every 2 weeks, if you like!

Many donors find once a month fits into their routine nicely, but everyone is different. Changing more lives more often? Yes please.

Taree Donor Centre needs another 100 appointments filling in March. If you're feeling fit and healthy please book your appointment at [www.lifeblood.com.au](http://www.lifeblood.com.au); on the Donate Blood app or call 13 14 95 with any donation questions.

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## REAL KULTCHA

Well, sports fans, here we are again to give you the low-down on sports taking place around the globe. I'd guess the biggie we're all keeping an eye on right now is the away game the Russian Team is playing in The Ukraine. The Ruskies have assembled a *formidable team* for the match and have said the reason they're playing the game is because the country doesn't really exist anyway and hasn't existed since it was created by Comrade Lenin and the Bolsheviks in 1917! I'm not making this up – that's what Captain Putin said, so it seems he's doing everybody a favour by putting right an old mistake. How the match will play out and who else might join in is yet to be determined.

Of the other news you'd be aware we (well, Cricket Australia to be completely accurate) have sacked *The Galahs* coach. Well, that's not quite true, I suppose. CA only offered him a short contract and Langer felt that, as teams he'd coached had won all the tournaments they'd been involved in, he deserved better and so resigned! We've done it again! For whatever reason the nabobs of the ARU (that's the mob who head Australian Rugby Union) fired Eddie Jones and now he's coaching *The British Lions* and they're red hot! Then Ange Postecoglou got us to the World Cup and Soccer Australia (or what ever they call themselves) let him slip through their fingers. He went to Japan and coached a team to the top of their League before being hired by *Celtic Rangers* and he's got them red hot! We seem to do these dumb things regularly. Dawn Fraser got screwed because of some hijinks in Tokyo but at the Mexico City Olympics four years later she was still able to swim a 100 metre trial faster than the gold medalist!! What is wrong with us??

We've selected the new *Galahs* team to go to Pakistan and that'll be the first time we've visited since, since, since Adam wore short pants! We have coaches for fielding and the fast bowlers and as you'd imagine, also one for the spinners. Well, yes we do but who is it - Warnie or maybe McGill? Nope, Sridharan Sriram is *our boy* and guess what – because he's an Indian national and as the Indians and Pakistanis hate each other's insides, he can't get a visa to travel with *The Galahs*! But all is not lost. CA has been in discussions with somebody else to cover Sridharan's unavailability. Warnie or McGill, maybe? Nah. Former New Zealand tweeker Daniel Vittori, that's who. But he's also unavailable. Why do we do this? Why can't we hire one of our own like maybe Kerry O'Keeffe? *Skull* played 24

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Tests for Oz and you'd think he'd be happy to step up. But no, they're apparently going to stay with Sridharan. He'll be somewhere watching the game on the TV and then be in touch with the players via Zoom!

## Beam Me Up Scotty - There's No Intelligent Life Down Here!

Americanisms crop up in many places. The one I particularly hate is *skedule*. The word is *schedule* and is pronounced *shed-ule* so will you people **STOP** pronouncing it like a septic! The A-League (or soccer) is taking a bit of flak at the moment because of another Americanism. The referees claim they're getting the word from Channel 10 to regularly stop the game for a "drinks break" so they (Channel 10) can run some adds. There is a policy in the A-League that says if the temperature is above 26° then drinks breaks can be taken but when Sydney FC was playing Western United on 12<sup>th</sup> February, at night, when it was cool and the game was being played in a heavy rain storm, the idea of stopping for a drinks break looks really **DUMB!!**

A year or so ago there was talk of a Super Soccer League in Europe and it was being backed by big bucks from somewhere. Trouble was nobody asked the fans if they wanted their Club to be in it. Filthy rich foreigners own many of the English Soccer Clubs and they thought it would be a good thing! The fans however, didn't, they revolted and the idea got punted. In the last few months there's been talk of a Super Golf League backed by Saudi Arabia and they hired Greg Norman to be the Chief Executive of it. There were tens of millions of dollars available (as you'd imagine) but of course, to make such a Middle Eastern tour viable and draw a large TV audience, you need the top players in the world to play in it. In hindsight, it looked very much like a *Kerry Packer and World Series Cricket* replay with the Saudis trying to buy all the players on the PGA Tour. As it turned out, Kerry won his contest and cricket was the eventual winner but the Saudis got it all wrong. Money isn't everything, apparently. Greg Norman was the only person to sign up as the top players on the American PGA Tour, stayed put. The idea of a Super Golf League is dead or at least dead for the moment. But there are a number of very rich folk in the Middle East with a lot of money in their pockets so the idea of some kind of Super League in something might not be totally dead just yet.

Talk at you next month,

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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 - FEBRUARY, 1945:** It has been decided to abandon the Nabiac Show which as to have been held on the 11<sup>th</sup> and 12<sup>th</sup> April.

**TRANSPORT PLANE FORCED DOWN AT NABIAC - APRIL 1945.** Taree had a large and unexpected influx of our R.A.A.F. Airmen during the Easter week end when a large transport plane was forced down at Nabiac. About twenty personal were transferred to Taree by bus chartered from B. Ivens and a stretcher case was brought in by Ambulance. Owing to heavy holiday bookings the hotels were unable to accommodate all the visitors some of whom travelled to Sydney by train and others were given accommodation for the night by a Taree citizen. On report of a favourable weather report from the V.A.O.C. control room the aircraft left the following morning bound for Melbourne.

**NABIAC - APRIL 28<sup>TH</sup>:** On Friday night last a Spitfire flying from Queensland to Williamstown developed engine trouble when in the vicinity of Taree. The pilot, Flying Officer *Anderson* of the F.A.A.F., immediately headed for Nabiac where he made a forced landing. On hearing of the landing Mr *Stan Holden*, N.A.D.C., Chief Officer at Nabiac, went to the aerodrome and brought the pilot to Nabiac where he stayed the night. Mr Holden also arranged with Mr. *H. Mann* and Mr *J.R. Magennis* of Nabiac to guard the plane. At daylight the following morning repairs were made and the aircraft proceeded to Williamstown.

**COOLONGOLOOK - MAY 1945: COOLONGOLOOK AIRMAN DECORATED:** Mr and Mrs *Nosworthy* of Coolongolook were recently informed by the Department of Air that their airman son, Flying Officer *Sydney John Nosworthy* had been awarded the Distinguished Flying Cross. This young man, who had enlisted from Coolongolook shortly after the outbreak of war, received his training under the Empire Training Scheme in Canada and was posted as wireless air gunner to Bomber Command in Britain. Later he was commissioned and has now been awarded the D.F.C. the citation for which reads "*Flying Officer Nosworthy has taken part in a large number of operation sorties*

*many of which have been against such distant and well defended targets, Stettin, Leipzig, Nuremburg and Berlin. In April 1944 he was wireless operator in an aircraft detailed for an attack against Aulnoye. His aircraft was attacked by a night fighter and afterwards illuminated by and subjected to anti-aircraft fire and as a result the aircraft was damaged and the Captain and flight engineer seriously wounded. Flying Officer Nosworthy, with great coolness, attended to the needs of the flight engineer and gave valuable assistance to the Captain during the return flight. This officer has always shown exceptionally cool courage in the face of danger and his outstanding technical ability has materially contributed to the successful completion of many missions."*

The proud parents are receiving may congratulations from their host of friends on the high honour won by their distinguished son.

**COOLONGOLOOK WOODCUTTING ACCIDENT:** While Mr *G. May*, of Coolongolook, was cutting wood yesterday (Friday) the axe he was using slipped and made a large wound in his left foot. He was conveyed by a private car until the ambulance, which had been notified, was met. First aid was given then and the ambulance took him to the Manning District Hospital.

**WANGWAIK - DYERS CROSSING MAIL SERVICE - JUNE, 1945:** Sir *Earle Page* has been advised by the Deputy Director of Posts and Telegraph Sydney that a tender has been accepted for the continuance of the existing three times weekly mail service from 1st, 1945.

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 21<sup>st</sup> March, 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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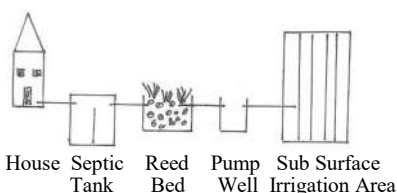
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### Could a Grain Free Diet Help Your Horse?

Do you have a horse or pony who gets hot or fizzy? A horse that can't focus? A horse that you suspect of having hindgut acidosis or stomach ulcers? Or perhaps a pony prone to laminitis or EMS?

Going grain free may just be the key to solving your horse's underlying issue.

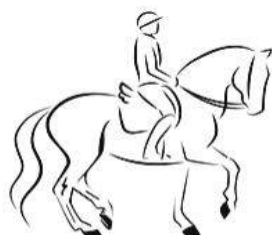
Horses need sufficient levels of energy in their diets for optimum performance and function, however high sugar and starch are one of the leading causes of health issues in horses today. Typically, the feeds with the highest sugar and starch levels are those containing grains and grain bi-products.

The most common reasons for going grain free include:

- Feeding the hot fizzy horse
- To help prevent or manage hindgut acidosis
- Feeding the laminitis prone horse
- Feeding for horse with tying up issues
- Feeding the horse who suffer from Cushings, Insulin Resistance or Equine Metabolic Syndrome (EMS)
- To help prevent and manage stomach ulcers
- *Feeding the hot fizzy horse:* The type of feed you use may make a difference in your horse's behaviour. Sugar and starch are found in large quantities in cereal grain and when this is digested in the small intestine of the horse the end product is glucose, which is absorbed into the blood. Fluctuations in

blood sugar may be the cause of behaviour changes such as hotness, fizziness, and an inability to concentrate. If your horse seems reactive to grain-based feed, try a fibre and oil-based feed that contains lower starch and sugar content, it may just help curb negative behaviour.

- *To help prevent or manage hindgut acidosis:* Many health disorders, such as laminitis and colic, are associated with hindgut acidosis, which results from a starch overload in the digestive system. Hindgut acidosis occurs when there's excessive acidity in the horse's hindgut, coupled with a drastic drop of the pH value, most commonly caused by a high grain and low forage diet. 60% of performance horses have hindgut acidosis with the most common cause of it being a diet high in grain.
- *Laminitis:* When a laminitic horse needs extra feed in addition to the low sugar forage it is very important for owners to not feed grain-based feeds. A laminitic horse should not be fed any of the following ingredients - oats, corn, wheat, rice or barley, millrun, millmix, bran (rice or wheat), pollard, any form of steam flaked, micronised or extruded grain. Ideally, feeds for laminitic horses should have a sugar and starch level of less than 12%.
- *Feeding for horses with tying up issues:* Close dietary management of horses that tie up can help to reduce the incidence or severity of the disease in affected horses. Minimise starch and sugar intake. Diets high in starch and sugars (mainly those



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that contain large amounts of grain) are well known to make tying up occur more frequently and severely.

- *Feeding horses who suffer from Cushings, Insulin Resistance or Equine Metabolic Syndrome:* Horses who suffer from any of these disorders benefit from a low starch and sugar diet, with grain free most often being the safest option for these horses.
- *To help prevent and manage stomach ulcers:* Studies have also shown that 60% of performance horses and up to 90% of race-horses have stomach ulcers, this is in part from the way these horses are fed and what they are fed. Large grain meals and extended periods of fasting in stables leads to excessive gastric acid output without adequate saliva protection, paving the way for ulcer formation. One of the best ways to prevent stomach ulcers is through the liberal feeding of forage (hay and pasture). A horse's digestive system is design to constantly be processing small amounts of food. Changing to a feed containing less starch and sugar and more fibre and fats is good feeding practice to help prevent ulcers.

Mustang & Co's top picks for grain free feeds are Benchmark's Perfect Mash, Pryde's Easisport, Hygain Zero and CEN Grain Free. These feed and more are available at Mustang & Co.



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## Artists of Wallamba

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This month Artists of Wallamba met at **Carmel Spark's** property where **Susie Oldfield** demonstrated techniques she is currently



using with ink and synthetic paper. A wonderful process that has seen successful sales in her current exhibition at Urunga Art Space. A great meeting as always with lots of art, fun, laughter and good food!

(photograph by **Beate Brooks Tracy**)

**GLAS (Great Lakes Art Society, Lake Street, Forster)** will be running their **40<sup>th</sup> Annual Art Exhibition**. What an amazing achievement! A couple of key dates: For Artists, entry forms are available now – email [admin@forstergallery.org](mailto:admin@forstergallery.org) or call Ingrid on 0412 188 544. This is always a diverse and interesting exhibition with a number of categories and prizes provided by Mid Coast Council, and many local

organisations and businesses. **Entries close 11<sup>th</sup> March. Exhibition opening 5pm, 8<sup>th</sup> April** and it runs until 1<sup>st</sup> May. International Contemporary Artist **Alice Laura Palmer** is judge with prize monies from \$200 - \$1,000.

**The Art Space at Urunga** is currently conducting an exhibition **Colour and Line: An Exhibition of Drawing and Photography** until 10<sup>th</sup> March. Our **Susie Oldfield** has had a number of works in this exhibition, some of which have been snapped up. **Ariane Bell** will join the next exhibition, **Tea and Sympathy**. So if you're travelling north, please take time to call in and view the work! It's a great little gallery.

**Susie Oldfield** has also been completing further studies with the Advanced Diploma of Fine Arts with a *window exhibition* on display at the Art Building at TAFE at Forster. Susie is a multi-disciplined artist with a diverse body work including drawing, painting, printmaking, fibrearts, ceramics and installation.  
(*At Home in Nature*, Susie Oldfield. Raku clay and glazes). →

A number of our members will be participating in the **International Women's Day Exhibition** at **Macleay Valley Community Art Gallery** at **5 Kinchela Street, Gladstone**. So if you're up that way from **3<sup>rd</sup> – 13<sup>th</sup> 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 11 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 **30<sup>th</sup> April – 1<sup>st</sup> of May** only. See Facebook under: <http://www.facebook.com/landsdownecommunityhall/> for further details or call **Rhonda Hardes** on **0418 920 984**.



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**Carmel Spark** from Minimbah has been producing stunning paintings of eucalypts with *Blossoms in Abundance – Eucalyptus Rhodanthe* at left and *Pink Showoff* at right. Carmel's work can be viewed on Bluethumb gallery online and on her Facebook page - but be quick!

**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. From March 24 there are 3 new exhibitions: **For the Love of DOG** – exploring the relationship of man and dog over the centuries, **Carbon Tax** with artist and activist Fiona Lee's loss of home during the bushfires of 2019 and **Pushing the Edges** – exploring contemporary printmaking.



(Man and Dog (left)  
Pushing the Edges (right) Photographs via Manning Regional Art Gallery)

Please 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.

Our next meeting will be on March 20<sup>th</sup> at Susie's home in Wang Wauk. Susie will be doing a demonstration on charcoal drawing. Please call **Carmel** for full details and address. 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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## Welcome to Deb's Gardening.



Life throws curve balls at you from time to time and when it happens, it's strange how your life changes and how you cope with the all the emotions and grief. A curve ball hit me and there were days when I could only put one step in front of the other to get me through the day. I would look out my window and look at my garden and at times grateful that I had a garden to look at, but there were times when I resented the garden because I didn't have the energy or the time to get out and take care of it.

There were moments when I got to have a wander around the garden and it gave me mixed emotions. Happy emotions like seeing the pumpkin patch taken over with plenty of pumpkins on it. Zucchini that I missed picking and were huge in size, loads of cucumbers, carrots and beetroot ready to pick. The day lilies flowering again, the flowering gum tree, the crepe myrtle coming out in flower for the first time. Surprised and delighted emotions, when I took a seat in the garden and watched the bird life, quails, wallabies and even a small goanna climbing my jacaranda. Then there was the sad depressing emotion – the tomatoes full of fruit fly, the capsicum full of grubs, weeds everywhere since I didn't get a chance to get the mulch on the garden at the start of summer and one of the weeds that was appearing everywhere was tobacco bush. Even looking at the lawn growing as quick as it did was disheartening and let's not mention the whipper snipping that needed doing. All these emotions just from the garden plus the curve ball, all exhausting!!

So with all these emotions and feelings, I have to work at sticking with the happy emotions otherwise I will go insane with depression (now I know what depression feels like) and the garden is my happy place.

It was like taking baby steps. In the past few weeks I started with the secateurs and started pruning the plants and trees that needed pruning. Weeding one garden bed at a time and before I know it I have almost the garden weeded. My wonderful supporting partner kept on top of the lawn mowing for me (cause he knows when the lawn is too long I stress out). I managed to spend short bursts on the whipper snipper and have it under control. I think to myself that I am back getting exercise, vitamin D and happy hormones which are all good for the soul and recovery.

I now have to attack the vegetable garden and those pesky pests, which I have left to the last minute. Time to get out the fruit fly traps and fill them with the bait made up of 100% fruit juice and pulp, mixed with 1 tablespoon of cloudy ammonia. The fruit fly have gotten into my pear tree, luckily I got to net a few branches so didn't lose all the fruit but the fruit fly is prolific. It also means that I have to pick up all the dropped fruit and dispose of in a big plastic bag and leave in the sun to cook.

### Useful Numbers

#### EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
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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 - Krumbach (closed 1pm to 2pm)	6559 1240
Post Office - Nabitac	6554 1211
Fire Permits	1300 643 262

Two little old ladies, Connie, and Jean, were sitting on a park bench outside the local town hall where a flower show was in progress.

The short one, Jean, leaned over and said, "Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show!"

"You're on!" said Connie, holding up a \$10 bill.

So, Jean slowly fumbled her way out of her clothes.

She grabbed a dried flower from a nearby display and held it between her teeth. Then, completely naked, she streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling.

Finally, the smiling Jean came through the exit door to the sounds of a cheering, clapping crowd.

"What happened?" asked Connie.

"I won \$1,000 as 1st prize for 'Best Dried Arrangement'!"

I need to spray the capsicums and tomatoes with Eco oil for grubs (Eco oil is an organic oil which you can get from a produce store) it needs to be sprayed early in the morning or late in the afternoon so as not to burn the leaves. The tomatoes and capsicum are still growing with plenty of new fruit considering they were neglected. I usually give them a dose of Seasol every 3 weeks, plus a top up with blood and bone, organic life scattered on the soil during its growing life, and kept mulched. By dosing and fertilizing the tomatoes and capsicum it makes them healthy and less prone to attack of pest and disease. I will start fertilising them again.

The compost bin needs attending to – time to empty it and spread it in the vegetable garden to get ready for the winter crop, like the Brassica family (broccoli, cabbage, cauliflower and turnips) and almost time to get the garden bed ready for peas.

As I am typing this it all sounds still exhausting but like the weeding and pruning etc, I will put one foot in front of the other and take baby steps. It doesn't have to be done all in one day, it's time for me to look after myself, get my life back and get back into my happy place.

Thank goodness for nature and gardens.

Deb

## Lyn's Larder

### LAMB WITH RAISINS, HONEY & ALMONDS

A friend of mine from 100years ago had a Moroccan restaurant in Sydney and this is a recipe from her cook book, 'Salama'


#### INGREDIENTS

2 kg Lamb shoulder, cubed  
 400g Onions, finely chopped  
 400g Seeded raisins  
 125g Blanched almonds  
 1tsp Tumeric  
 1tsp Paprika  
 1tsp Chilli  
 1tsp White pepper  
 1tsp Black pepper  
 1tsp Mace  
 1tsp Nutmeg  
 1tsp Cardamom  
 1dsp Ginger  
 1dsp Cinnamon  
 1dsp Salt  
 150g Butter  
 1ltr Water  
 ½ cup Honey

#### METHOD

Mix all the spices except the cinnamon to a paste with a little water. Coat the raisins with half of this mixture and set aside. Coat the lamb with the other half and put in a heavy bottomed saucepan with the finely chopped onions, salt, butter, almonds and water. Bring to the boil. Stir, cover and lower the heat and cook, stirring occasionally, until almost cooked, 1½ hours. Add the raisins, honey and cinnamon and continue cooking until tender. Reduce the sauce, and serve with rice.





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## Good Medicine

### Love

We've all heard that love makes the world go round ... while this is a kind of romantic, 'Hollywood' description, love is more than just a feeling. We don't learn how to love through will power or good intentions but by experiencing it, first as a baby, and then living it. It's a way of living and being in the world.

There are many examples of love that come to mind ... parents who work and struggle together to raise a family, those who set aside their plans to care for others. my friend who put her life on hold to care for her spouse with dementia. The couple at the Germany/ Denmark border sharing a picnic on their respective sides due to the COVID closure, both widowed and in their eighties.

Love involves sacrifice. A news reporter stayed at her microphone all through a dark terrifying night after the 9.2 Great Alaska earthquake of 1964 devastated the city of Anchorage. She passed along messages to desperate people sitting by their radios. A husband in the bush heard his wife was alive. Frantic parents heard their sons on a camping trip were ok and a couple heard their children had been found. The radio crackled with line after line of good news.

It's interesting that the bible says love 'burns like a blazing fire' and is like 'a burning flame' which cannot be quenched with water. *Song of Songs 8:6-7*

We all remember the devastating fires of 2019 and the struggle to contain them. In some places like Mallacoota on the south coast it took a miracle to save lives ... a man prayed for an east wind to blow the fire back so they could get to the beach ... the louder he prayed the stronger the wind blew.

The East Troublesome fire in the U.S. Colorado mountains in the autumn of 2020 is another miracle story. It roared through 100,000 acres and destroyed 300 homes while people fought and prayed. Suddenly came 'the Godsend'; no not rain, but a timely **early** snow-fall, falling across the fire zone with up to a foot of wet snow.

When Paul the apostle taught communities of believers how to live together he always reminded them of God's compassion and love in Christ ... walk in love as Christ has loved you *Ephesians 5:2*.

*1 Corinthians 13*, often read at weddings, was first written to a community to invite them to cultivate the kind of love which is ... kind and not envious ... hopes all things ... endures all things and is greater than faith and hope.

Human love which is selfless and true offers reflections of these characteristics but only God's love offers such potency, limitless depths and tenacious power.

And God loves each one of us with this unquenchable love.

**By this we know love because Jesus laid down His life for us. 1 John 3:16**

Quotes from ourdailybread.org

*The Counsellor*

## Courtesy on the Road is safest

I live on Wang Wauk Road – a dirt road and one of over 1,000 kms of dirt road in the Midcoast Shire. And like so many other people who drive on dirt roads, I know where it is safe to speed up and where I have to slow down. Some corners on Wang Wauk Road are especially hazardous because I literally cannot see around them, and to negotiate them safely I always have to slow to a crawl and keep to the left.

As these dirt roads become busier road safety as well as road courtesy dictate the importance of vehicles approaching from both directions to slow down and move to the left. More recently many cars seem to be driving quite fast and not slowing or moving over for an approaching vehicle. On a number of occasions I have ended up in the gutter, while the approaching vehicle neither slows nor moves to the left.

This is a gentle reminder that road safety is the responsibility of us all, and is especially important to those of us who regularly travel on our hazardous dirt roads.

Jane Goodsell  
Wang Wauk Road  
Firefly

The results of not taking care on blind corners. My car was on the left when hit almost head on by an irresponsible driver.



## 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**

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### St Isidore's Catholic Church, Nabiac

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

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