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# ACROSS THE FENCE

ANZAC

*"lest we forget"*

*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them"*

DAY

Monday 25<sup>th</sup> April

Marches/services details page 3



Happy  
Easter



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TO SET YOUR  
CLOCKS BACK!



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## Editorial.

Hi all,

ANZAC Day is nearing and we will be having the Memorial Services/Marches at Krambach and Nabiac & Bunyah this year. Details are on page 3

I trust everyone is surviving the weather. My place looks like a secret forest with ivy, vines, lichen and old mans beard hanging off trees, fences and the house. The grass is waist high and the ground covered in water as it is too wet to absorb any more so I can't mow. It actually looks like it is deserted. We need at least a week of full sun and lots of wind to dry us out.

I would be taking full advantage of the fact that we no longer need fire permits BUT everything is just too wet to burn off.

There are a couple of new advertisers joining the paper this issue and with the weather of late I think the Gutter Cleaner is going to be rather busy if my gutters are any indication.

There is also a nurse who does aged care support and community nursing so if you or a relative is/are in need of such aide you now have two locals working in the area to choose from.

The show, although rather damp, managed to be a success from all reports and I, along with 4 others, was awarded Life Membership. Very proud of that and glad that I was able to provide the service needed over the years to be deemed worthy of being awarded it. Congratulations to Mark & Judy Farley and Ray & Janice McDonald who were also awarded it for their years of service to the show.

Our Bunyah "reporter" did herself proud by winning a Champion Certificate with a fabulous *French Fashion* themed quilt. Congratulations to her and all the other proud winners on the day. Ah! To be that talented. Full detailed report of all the winners in May's issue as it takes a bit of time to gather them and write them all up.

The exhibits were great, as usual. Just loved the little vegetable owl that one of the children won a prize with, photo of it on page 17.

Daylight savings has finished and suddenly the days have become colder and will be getting darker as winter approaches. I think we might be in for a cold one this year. As all of my wood is wet I will have to find a spot to dry it in or face a large electricity bill.

Timidty cat is already looking for a lap to spend the day/night snuggled onto.

A busy month ahead with Easter, school holidays and ANZAC Day. We don't seem to have learned to co-habit as wars still take the lives of innocent people and soldiers alike. Will we ever know full peace?

A full paper this month as the different committees seem to be all back to normal with a lot of information to report.

Happy Easter to all and safe holidays, kids.

'til next month

Lyn, & Timidty



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## WHAT'S HAPPENING IN APRIL, 2022

### Markets & Events.

• Bulahdelah	(1st Sat)	2 <sup>nd</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 <sup>rd</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	9 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	9 <sup>th</sup>	
• Myall Quays	(3rd Sat)	16 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	(3rd Sun)	17 <sup>th</sup>	
• <b>NABIAC</b>	(Last Sat)	30 <sup>th</sup>	8am to 12 noon
• Old Bar	(Last Sun)	24 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	24 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	10 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	3 <sup>rd</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 <sup>rd</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 <sup>rd</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	10 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	16 <sup>th</sup>	???
• Taree Rotary Book Fair	(3rd Sat)	16 <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, 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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### Frederick Rupert Leslie Williams

#### An insight of a local young man's time at war.

Former resident and Captain of the Krambach Fire Brigade, **Fred Williams**, at the age of 17 years, decided, with his cousin, to enlist in the Army to fight the War overseas. He put his age up, as did many young men, thinking they were going on an adventure.

On the 10<sup>th</sup> January, 1940, he sailed on HMT Otranto with the 2/2 AIF arriving in Egypt in February. On his 18<sup>th</sup> birthday he almost drowned in the Mediterranean Sea Palestine.

He was in action in the attack and capture of Bardia and Tobruk. On 18<sup>th</sup> March 1941, his unit embarked for Greece. They then moved to near Mt Olympus. Their unit was over run by the German Army. Fred escaped to Crete via Milos and other islands on a fishing boat, eating only a slice of bread and lemon to survive.

On his 19<sup>th</sup> birthday, their position was dive bombed, luckily the bomb did not explode. He walked across Crete, then evacuated on the HMS Phoebe, the last ship to leave Crete.

On the 19<sup>th</sup> September his unit moved to New Guinea. Over the Kokoda Track he served as a Bren Gunner in at least 10 heavy engagements against the Japanese. In particular Templeton's Crossing and Eora Creek, where some of the bloodiest fighting occurred on the Kokoda Track. His unit suffered heavy casualties.

In Fred's last action at Sanananda, two of his companies attacked the enemy from behind. Again they suffered heavy casualties. Fred was ordered to give his Bren Gun to someone else, and move the casualties to safety and look after their wounds, while still under heavy fire. Later that night a Supply Party got through to them.

The Company Commander, Captain *Bosgard*, said they could only evacuate 10 casualties, and that Fred had to choose the ones who in his opinion who would survive. The others would have to wait for the next night, as they could only move under the cover of darkness. Fred protested, saying he would be playing God, choosing who would live or die. The Captain said there was no one else to do it. So Fred carried out the order. He was only 20 years old!!

During the night, 4 men died, and Fred said that he often wondered if they would still be alive, if he had sent them back.

American Troops came to support the unit, and Fred took charge of their casualties also.

He ended up being Doctor for two Aussie and one American Company. The American Officer gave Fred all his medical supplies, as their Medic was killed. The American Officer-In-Charge thanked Fred personally.

Fred too, was then wounded, and was carried out by the Fuzzy

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Wuzzies.

Fred never got over having to make these choices, nor did he come to terms with his own mates whom he buried, and whose remains were never found. He worried that these men would be forgotten.

To honour Fred, three of his children, *Kevin, Joan and James*, walked the Kokoda Track. They were able to share their experience with him and let him know his mates names are on the No2 Pillar of Remembrance at Bomana War Cemetery, Port Moresby.

On the 26<sup>th</sup> November 1942, the King awarded Fred the "Mentioned in Dispatches for GALLANT AND DISTINGUISHED SERVICES" award which now proudly hangs on the family home wall."

**Frederick Rupert Leslie Williams NX9342 2/2 6<sup>th</sup> AIF**

Fred was my Father, he passed away in 2016. **Helen Jackson**  
\* Fred was not a trained medic, but the position was put on him and he had to fulfil it as best he could

### ANZAC DAY - 25th April, 2022

#### ANZAC DAY MARCH AT KRAMBACH

The March starts at Leo Carney Memorial Park (next to Krambach Hotel) at **10:30 am**, (fall in at 10:15am) proceeding up to Krambach Hall for the ANZAC Ceremony and wreath laying.

After the Service Krambach Hall committee provides a light lunch of sandwiches and cakes at a cost of \$5.00 per person payable on the day - contact **Faye Deer** to confirm for catering purposes on 6559 1562

#### ANZAC DAY MARCH AT NABIAC

The Dawn Service is being hosted again by the by the school leaders of Nabitac Public School. Arrive at **5:45am** for 6:00am.

For the main service, meet at Nabitac School for march off at **10:30am** for a 10:45 - 11:00am service at the Memorial Park.

Afterwards meet at Nabitac Hotel.

#### ANZAC DAY SERVICE AT BUNYAH

Anzac Day Service will be held at their own Cenotaph on 25<sup>th</sup> April, 2022; **please be there by 10.15 am** commencing at 10.30 am.

Morning Tea will be served following the Service.

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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 definitely been a very wet start to Autumn in our beautiful Wallamba district! Gumboots, raincoats and umbrellas have become essential wardrobe items. However, despite the rain and the boggy grounds the Wallamba Show went ahead and from all accounts was enjoyed by many. The demolition derby was somewhat short lived, as most contestants soon found themselves well and truly bogged! It did however, provide huge entertainment for spectators. The rain thankfully held off for the fabulous fireworks display to finish the show! Many thanks to our local Nabiac Memorial Neighbourhood Centre and Op Shop for sponsoring the firework display provided by Ka Boom! A huge congratulations goes out to the Wallamba District Show Committee and all the volunteers, competitors and judges and of course the spectators who all helped make the show a happening event! We all look forward to 2023 and the 110<sup>th</sup> Show!

As you were probably aware, our Nabiac Library was closed for the Saturday of the Show, but re-opened on Monday as usual. Once again, despite the rain, our Nabiac members ventured out to seek wet weather reading and entertainment from our lovely library and staff. It is always great to see you and have a chat, as well as helping source your requests.

## Seniors Week Activity



On Monday 28<sup>th</sup> March Nabiac Library hosted a special Seniors Week Activity to make an embroidery phone or glasses case. This was created and led by our talented Library Co-ordinator from Midcoast Libraries, *Yasmine English*. She is such a clever young lady!



We had 3 lovely ladies attend the event and there was much discussion about craft ideas, personal embroidery projects and general chit-chat as the ladies worked on their creations with Yasmine's guidance and support. The ladies participating were given a 'kit bag' to take home to continue with their project, with offers of ongoing support if needed. Here are the ladies showing their started projects and kit bags at the end of our Seniors Week morning activity at Nabiac.

## Upcoming events at Nabiac Library

### 1. Tech Savvy for Seniors

An Introduction to Smartphones workshop will be held at Nabiac Library:

When? Monday 11<sup>th</sup> April 2022 from 10AM- 1:00PM.

Bookings are essential. To book in go to:

<https://library.midcoast.nsw.gov.au/Events/Tech-Savvy-Seniors-Introduction-to-Smartphones-Nabiac-Library>

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or call into Nabiac Library and ask to be booked in. Smartphones are becoming the wallet we all carry to keep us in touch with our loved ones and to conduct our financial activities. To find out how best to access the social media and also safely protect your phone from unwanted cyber attacks come along to learn more from our talented tech-savvy presenter!

### 2. School Holidays Activity for Children



Nabiac Library will be hosting a Dreamcatcher workshop for children. Dreamcatchers not only provide a lovely decoration to add to your child's bedroom; they are also reputed to catch their dreams so they become part of safekeeping the person.

When? Wednesday 13<sup>th</sup> April from 9:30-11am

Bookings are essential. To book in go to

<https://library.midcoast.nsw.gov.au/Events/April-Holiday-Program-Dream-Catcher-Nabiac>

### Midcoast Library About a Book Zoom Event

The 'About a Book' Zoom event is offered regularly by our Midcoast Libraries. This month's event will be hosted by local author *Kaneana May* and will feature guest authors *Michael Trant* (Wild dogs and Ridgeview station) and *Dinuka McKenzie* (The Torrent). The authors will share, discuss and review books.

When? 5<sup>th</sup> April from 7.00-8.00pm

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

Come along and visit Nabiac Library in our local Showground

Nabiac Library not only offers you a great place to borrow, reserve or renew your reading and viewing material. You can also relax and read the local papers, or contribute to our community jigsaw.

We have **free public computers** available to access your accounts or research your interests. There is also printing and photocopying facilities available with our laser printer at a small cost.

### Easter Holidays are fast approaching!

It is time to come into Nabiac Library and stock up on your Easter holiday reading and viewing. **NB!! EASTER HOLIDAYS! We will be closed from Friday 15<sup>th</sup> April – Monday 18<sup>th</sup> April.**

We look forward to seeing you: We are open

Monday 3-5pm

Tuesday 3-5pm

Thursday 9-11am

Saturday 10-12noon

Look forward to seeing you in our very special library! Find us in the Nabiac Showground!



## Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

Workshop and Gallery open every Saturday from  
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Web Site: www.mglwoodworkers.com

## NEWS FROM BUNYAH

**Members of the Bunyah Rural Fire Service Brigade** who were heavily involved in the 2019-20 Bushfires have now been officially awarded the 'National Emergency Medal'. "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**".....the Community salutes you for your dedication and we are so proud to have you as our own.

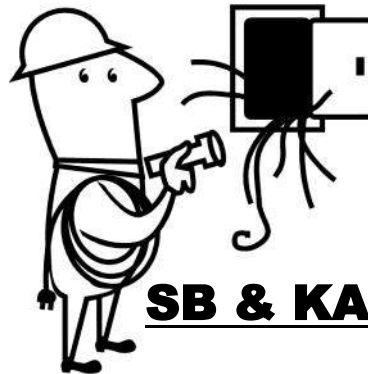
Volunteering within your local community is a great way to be involved and work alongside other likeminded people pooling resources for the betterment of services and facilities on our own door-step and when required, beyond.

The Bunyah Rural Fire Service Brigade always welcomes new members; **Brigade Secretary Grahame Watson** contact **6559 1647** will provide you with information.

Bunyah Hall also welcomes new people to be involved with running the Hall and putting up ideas for events or activity groups, all suggestions open for discussion. Volunteers are always in demand and we have a great history with our Hall turning 100 years in 2026. Great camaraderie is alive & well amongst all of our Volunteers. **Contact Neryl Simpson 6559 1653**

We have an **Art Group** which meets at the Hall on the first & third Friday of each month 9 am – 12.00 noon. *Bev Calder* has the Group who also go out into our beautiful countryside for *Al Fresco Painting/ Drawing* days. *Bev* will also give you guidance on how to construct a painting. If you prefer, you can bring along other crafts which may inspire someone else. **Contact Bev on 0437 283 660.**

In last month's News I asked if anyone was interested in joining our Garden Crew and to my delight, we had 3 new people come on board who undertook the Training at our Hall grounds with MidCoast



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Council Parks & Gardens. They have hit the ground running and have already set about cutting out weed trees and trimming our shrubbery; you are all much appreciated for becoming Volunteers and maintaining our Hall grounds. Thank you to *Carla Hart* too, who happened to come to the Hall and ended up with secateurs clearing the undergrowth. Great job all of you!

Thanks also to *Don Ralph* who has gurneyed our concrete steps and the timber deck & ramp and *Buz* who gurneyed the concrete slab at the front of the Hall.

We have also welcomed a new Tennis player, *Wendy* who is a new resident of Norries Road. Great to welcome you to Bunyah and to our Tennis group. New players are always welcome as are those of you who would like to come for the social aspect only; you are all welcome Wednesdays 9.00 am – 12 noon or thereabouts.

Our Hall is in the process of some upgrading namely a new powerbox, new hall interior lighting with LEDs, new concrete path between two access doors on the eastern side, additional step for ease of access to kitchen from outside, Generator and a repaint throughout the interior and external doors.

Our Hall is available for hire through our **Booking Officer, Linda Pilmore** on **6559 1505**.

**Anzac Day Service** will be held at our own Cenotaph on 25<sup>th</sup> April, 2022; **please be there by 10.15 am** commencing at 10.30 am. Morning Tea will be served following the Service.

I am going to indulge myself here by telling you that my 'French Fashion Quilt', which was Hand Appliqued & Machine Quilted, won First Prize at the Wallamba Show, Nabcac this year!

You only have to ask and I will show it to you!

*Neryl Simpson*

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## MINIMBAH MATTERS

**Minimbah Rural Fire Brigade**, has had a very interesting and exciting March. With the weather being the way it is, we have had some unusual call outs; some flood related, one to a potentially nasty blaze at a service station, the Ambulance folk needed assistance at one time, BUT thankfully and unsurprisingly, no bush fires.



The Bush Fire Danger Period will have come to an end by the time you read this. As from Friday 1<sup>st</sup> April there will be no need for a Fire Permit before you light up. Not having to get a permit is the only thing that has changed. There is still the requirement to make sure your fire is in a well prepared clear and safe area, and to have firefighting equipment and water at the ready.

A minimum of **24 hours notice** of your intention to light up must be given to your neighbours and your local fire authority. On-line notification can be made at any time of the day or night by visiting [www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify).

Fill in your details and you will receive a confirmation notice straight away.

Calling **Mid Coast Fire Control Centre on 1300 643 262** and letting them know what you are up to, is an option for those without internet access.

Please be very mindful of the frequent and rather sudden changing weather conditions if you are lighting up.

Amongst the **March Minimbah Matters** was a presentation of National Emergency Medals to Members for their service during the 2019-20 bush fires. A message from His Excellency General the Honourable David Hurley AC DSC (Retd), Governor-General of the Commonwealth of Australia reads, in part .....

*"The intensity of the fires, and the devastation they caused will long be scarred into our nation's memory. In the midst of the danger and tragedy we also witnessed the best of Australia – individuals helping loved ones and strangers alike. As a recipient of the National Emergency Medal, know that your fellow Australians are grateful for your service."*



Eleven Members from Minimbah Brigade were honoured, but only seven were able to be present on the night.

Left to Right.  
Trevor Webber  
Kerry Bales  
Mark Jones  
Jan Gray  
Phil Costa  
Bruce Weller  
Mal Gray

Mark Johnson, Melanie Moore, Jennifer Power and Chris Power also received the honour.

**Yay, the Nabiac Show went ahead, and it was a cracker.**

It was a little bit different than in some previous years, but hey, aren't we all. The showground has undergone some wonderful upgrades; wood chopping was back in; DONK were relocated, and parking arrangements were also different.

This provided the opportunity for Minimbah Brigade to set up an information booth amongst the RFS vehicles from Minimbah, Fire Fly, Nabiac and Catering Brigades, and two Police Highway Patrol cars and drivers joined us for part of the day.

We all overcame the morning rain, and it was a very successful day.

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Our congratulations to the Show Committee and their many and varied helpers.

**The end is nigh** for Daylight Saving. Therefore, the **time is nigh** for you to check the batteries on your smoke alarms. Go on, do it. It will only take a minute or so.

**We live with bush fires,  
 so  
 Live Bush Fire Ready.**

## Krambach Garden Lovers News



Because of this lovely "rainy" weather we were unable to visit *Pam* and *Jim's* garden and instead met at the Krambach School of Arts Hall for a meeting.

It was lovely to catch up with all our gardening mates and an enjoyable morning was had by all.

Our secretary Jackie gave a very informative talk on orchids in varying sizes and types (she is very knowledgeable about one of her very favourite subjects) and I know that I learnt a lot from this talk.

We congratulated *Jeanie* and *Maggie* on their awards in the Flower and Produce Sections at the Wallamba Show (Nabiac) and also to the students of Krambach and Coolongolook Public Schools who entered many clever and artistic animals made from produce.

Our next meeting (weather permitting) will be at *Julia's* on Monday the 2<sup>nd</sup> May. This has been changed from the last Monday in April as this will be Anzac Day. Why not come along and meet us - you will be most welcomed.

Our thoughts are with the poor people who again are experiencing floods and they must be wondering when this nightmare will end

Until then - happy gardening

*Judi*

Two old ladies, Dolly & Ruby, were talking about their grandchildren. Dolly said, "Each year I send each of my grandchildren a card with a generous cheque inside. I never hear from them...never receive a thank you message."

Ruby replies, "I too, send my grandchildren a very generous cheque. I hear from them within a week after they receive it. In fact, they each pay me a visit."

"Wow! How come?" remarked Dolly.

"I don't sign the cheque!"

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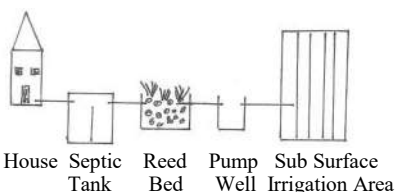
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## NEWS FROM NABIAK PUBLIC SCHOOL



On 21<sup>st</sup> March NPS celebrated Harmony Day - teachers explained to students that this was a celebration of our cultural diversity - a day of cultural respect for everyone who calls Australia home. Students were asked to wear Orange to celebrate.



Our **Easter Hat Parade** will be held on **Friday 8<sup>th</sup> April**. Kinder, Year 1 and 2 will participate in the Parade and Years 3-6 will be invited to enter a colour-in competition.

Winners will be announced at the assembly along with the winners from the very popular P&C Easter Raffle. Parents will be invited to attend the parade.

**ANZAC** day falls at the end of the school holidays this year. Our leaders will be running the Dawn Service. The service commences at 6am. (Leaders will need to be at the Memorial Park at 5.45am).

If students would like to participate in the daytime march we ask they assemble the front of the school (*in school uniform*) no later than 10.15am. The march commences at 10.30am sharp.

**Leonie McKinnon**  
School Admin Manager (Rel)

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(Closed 1st Wednesday of every month)  
Saturday 9am to 12 noon  
37 Nabiac St, Nabiac



## News from Nabiac Second Chance Op Shop

Hello to ALL,

Just want to start by sending congratulations and a big thankyou to President *John Baker* and all the amazing Committee and the volunteers who worked so hard to make sure that the 109<sup>th</sup> Wallamba Show was a success. I'm sure everyone would agree it was a great day. Although it rained heavily throughout the day, all the volunteers and committee were there making sure we all enjoyed ourselves.

It was great the rain held off for fireworks that were sponsored by Nabiac Second Chance Op Shop. All of the volunteers from the Op Shop hope everyone enjoyed the spectacular display.

We now have a Defibrillator at the Neighbourhood Centre. The Lions Club raised funds and the OP Shop added \$500.00 for the purchase of the defibrillator. A big thankyou to the Lions Club for their generous donation.

The Defibrillator is located on the side veranda next to the Landcare Office door, on the wall. It will be available if needed 24/7. We will be installing a sensor light.

*John Moelker* from First Aid and Safety Training came out to make sure the Defibrillator had been installed correctly and is working and ready to be used if required. John did this on his own time so thankyou John for your generosity.

We will be organising a training day for all the volunteers at the Op Shop through John Moelker.

The next project the Op Shop is funding will be 3 x picnic tables with benches for the Nabiac Town Creek Revival. So look out for them, hopefully by the end of June, 2022 providing the weather doesn't postpone the work.

### DONATIONS:

Thank you all for the donations that have been received. Without your donations we wouldn't have our lovely Op Shop. The projects we fund are just as much from the community as it is from the Op Shop.

Keep the donations coming in so we can continue to fund projects for our beautiful little town of Nabiac.

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

Safety is always considered a priority at the Op Shop and Shed for volunteers and customers.

We are in need of clean towels, sheets and blankets. All these items would be received with great appreciation.

Thankyou in advance for your co-operation and understanding.

Winter jackets have been put out already as the days and nights are starting to cool down.

Prices for Winter Jackets with or without sleeves are - Babies \$3.00, Kids \$4.00, Adults \$6.00 unless priced otherwise

**VOLUNTEERS NEEDED.** Ladies and Men.

If you have a spare few hours during the week from 9.00am to 12.00 on a Monday, Thursday, Friday or Saturday and would like to help



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Hello everyone,

Here at Dyers Crossing LPO we have some exciting new stock now in, with more on its way!

We currently have a limited supply of Australian made aprons, tea towels, oven mitts, tote bags and magnet note pad jotters with very 'punny' sayings on them - perfect for gift ideas, and with Mother's Day just around the corner don't miss out! We also have a large range of cards for \$1, and wrapping paper for \$2.

There's Streets ice-creams, cans of soft drink and bottles of water here, so drop in for a refreshing drink or a delicious Magnum to satisfy your sweet tooth.

Don't forget to grab some of the local produce here too, such as preservative free honey, prize winning garlic, preserved flower arrangements or any of our other stock.

We have two remaining PO Boxes to keep your mail safe and secure, so come by and talk to me about renting one while they are still available.

While you're here, have a guess of how many sweets are in the lolly jar to help fundraise money for a community defibrillator (AED) to be available at the post office.

We're open 9am to 5pm Monday to Friday, and *Archie*, the Post Pup, and I look forward to seeing you soon!

### Summa

Licensee  
5565 1222

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.

We have had 2 new volunteers last month. Welcome to *Robyn Thomson* and *Kaye Eckersley* who are enjoying working at the Op Shop and have fitted in nicely with all the other volunteers. Thankyou to Robyn and Kaye for joining us at the Op Shop.

From all the volunteers at the Op Shop we would like to wish everyone a Great Easter with your family and friends.

**The Op Shop and Shed will be closed over the Easter long weekend from Friday 15<sup>th</sup> April to Monday 18<sup>th</sup> April 2022 inclusive.** Please hold onto your Donations over the Easter weekend until we open on Tuesday 19<sup>th</sup> April 2022.

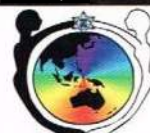
Kind Regards

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



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## WALLAMBA CWA REPORT

March was a busy month for the members of Wallamba CWA Branch and started off with the Mid North Coast Group Council Meeting and what a day it was. Heavy rain caused some disturbance with parking and dampness underfoot as the ladies made their way into the Nabiac Community Church and Church hall for the event which attracted approximately 55 ladies from the branches within the Group, but unfortunately at the last minute some had to cancel due to the heavy rains and the uncertainty of being able to travel down and back safely.

The Church held the delegates attending the meeting whilst the Church Hall behind held a beautiful spread of all types of handicrafts and those that gained a blue ribbon 1<sup>st</sup> will now go on to State Competition at the State Conference being held at Royal Randwick early May and celebrates 100<sup>th</sup> Anniversary of the foundation of NSW CWA.

A big thank you to our Handicraft Officer *Merle* and her team of helpers, who put the wonderful display together, which was judged by Mrs *Ruth Shanks* and Group Handicraft Officer *Tracey Bonfante*.



A couple of days break and then it was 2022 World Day of Prayer held at St. Paul's Anglican Church, Nabiac on Friday March 4<sup>th</sup> commencing at 11.00am. The Branch hosted the event with 16 ladies from across the district in attendance and Guest Speaker was *Bridget Smith*, who is a Welsh lady by birth.

This year's service was provided by the Christian women of England, Wales and Northern Island.

CWA ladies and guests read various segments of the service and then enjoyed a very informative and at times humorous address by *Bridget* who dressed in typical Welsh colours and clothing.

Thanks to *Jill Hammond*, who played the organ for the service, and all who assisted to make it a success and contributed \$78 towards the work of World Day of Prayer.

Next year's service is being organised by the women of Taiwan.

The following Tuesday it was our monthly meeting when we welcomed new member *Caroline Allenby* to the group. Business included planning arrangements to host a visit from the NSW CWA State President *Stephanie Stanhope* along with CWA Members from

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Forster and Bulahdelah CWA Branches and this was also to be held in the Community Church Hall commencing at 2pm with an afternoon tea.

As the date of Wallamba's 58<sup>th</sup> Birthday was Friday 25<sup>th</sup> March it was decided to combine the afternoon tea with a birthday cake to mark the special celebration.

Prior to the visit by the State President a number of the ladies were involved with helping at the Wallamba Show in the Handicrafts, Arts and Flowers and Luncheon Room of the Show which was held on Saturday March 19<sup>th</sup>. Once again the Wallamba CWA sponsored a number of sections with prize money in cooking, handicraft and flowers.

Another wet afternoon greeted the ladies who were able to get to Nabiac to meet *Stephanie*, our State President who was accompanied by Group President *Rhonda Merchant* on Saturday March 26<sup>th</sup>. Several ladies from Forster Branch were able to attend but apologies were received from Bulahdelah.

Unfortunately Wallamba President *Margaret* had a prior engagement and couldn't attend and the welcome to the visitors was extended by Secretary *Pam Muxlow*.



The afternoon began with the cutting of the birthday cake by our longest serving CWA Branch member Mrs *Iris Cummings*, who joined the Branch in 1974, assisted by State President *Stephanie* and quite a few photos were taken of the special occasion.

State President *Stephanie* was a delightful guest and spoke of her time affected by the Bushfires in 2020/21 in her area around Bega and brought the ladies up to date with current plans etc of NSW CWA.

A pleasant afternoon was enjoyed by all with *Stephanie* and *Rhonda* returning to Gloucester to conclude the MNC Group visit.

The next meeting of the Wallamba Branch will be held on Tuesday April 12<sup>th</sup> at the usual venue and time.

**Pamela Muxlow**

Wallamba CWA - Publicity Officer

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## Nabiac Landcare

**WANTED DEAD OR ALIVE!**

**Be On the Look Out for**

**AFRICAN OLIVE**

I mentioned to one of our MidCoast weed officers that we've found a few young African Olive trees at the Bullock Wharf reserve, well that caught his attention! African Olive is considered a major threat to biodiversity in areas where it establishes including the central Hunter and southwest Sydney regions.

Soooo... It is time for a 'scavenger hunt'. I'm not sure what the prize will be but I'm sure that I can arrange one for the person who finds the mature African olive tree that is fruiting in our area. The fruits are probably beginning to colour up now. The culprit is probably located within a 1 km radius of the Bullock Wharf reserve and birds bring the seeds into the reserve. That means that it could be on either side of the Wallamba River. It also means there could be seedlings popping up in gardens and bush land in the area.



African Olive, *Olea europaea subsp. cuspidate* is a long-lived evergreen shrub or tree usually growing to heights and widths of 5–10 m. Bark is pale to dark grey developing a rough texture with age. It forms a dense canopy when mature.

The upper surface of the leaves is glossy grey green and the underside is silver, green to brown with a distinctive hooked tip. Common edible olives have silver grey leaves.

White flowers appear in spring on branchlets in leaf axils (where leaves join the stem). This is unlike privet whose flowers and fruits appear at the end of stems.

Fruit is oval shaped (like a very small olive), initially green maturing over autumn and winter to purple or black. African Olive produces thousands of seeds.

Control methods include preventing seeding ie pruning and hand pulling small plants. Large plants need to be treated carefully by cut & paint, stem injection or basal bark spray as per directions. Burning, cutting down or incorrectly poisoning trees may cause suckering.

References: [NSW WeedWise](#), [African Olive | Weeds \(weedsbluemountains.org.au\)](#), <https://www.daf.qld.gov.au> and search for the African olive fact sheet.



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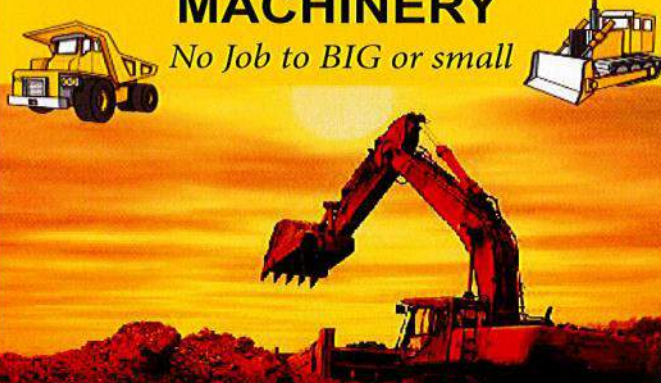
Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools and safety gear supplied. Give us a ring if you are 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!

And you can join us in the scavenger hunt! Ring me on the number below if you find what you think to be an African Olive.

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## Nabiac Memorial Neighbourhood Centre Association

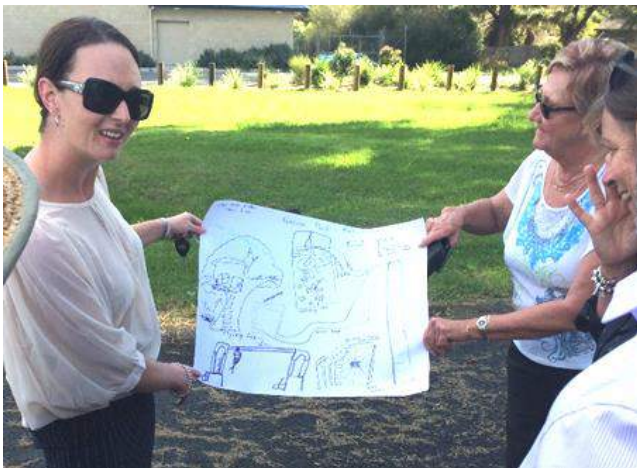


Hi to everyone,

MidCoast Council have advised that they will soon start to install 2 shade sails over the children's playground equipment at the rear of the Tennis Courts. The weather has been so wet and cool that we haven't heard many pleas for shade over the equipment. But we all know that even now we need protection from the sun.

The play equipment has been popular and its great to see local children and visiting children using it.

In 2017 kids from the Nabiac Preschool and Kids Shack did some drawings of what they would like in the park. Ladders, swings, and slippery dips were popular with the younger kids. A large tree house was a great idea..... but didn't make it.



**Volunteering** - If you are looking to volunteer a few hours a week then pop in and ask at the Op Shop in the old Hospital building at 37 Nabiac Street, between 9 and 12 Monday through to Saturday. These wonderful volunteers are the people who raised \$35,000 for the purchase of the children's play equipment.

**Reminder** – keep those quality donations (clean and in working order) coming to the OP Shop.

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



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## Nabiac Village Futures Group News



In December 2015 Nabiac Village Futures Group met with Great Lakes Council and consultants to talk about the flow of Town Creek. (see above).

It was exciting to talk about removal of weeds, planting fauna native to Nabiac and how to attract insects, birds and little lizards into the Creek.

We were aiming for a healthier creek that looked more attractive. A place that locals and visitors can enjoy. MidCoast Council have advised that the work is about to begin, so watch out for the machinery and workers at Town Creek. Weather permitting, the work is about to start and could take a few months to complete.

Our community is fortunate to have a Showground just off the Highway and available for so many activities. The recent Show was a credit to those who volunteered their time. An upcoming event at the Showground will be the St Heliers Heavy Horse Field Days which will be held at Nabiac Showground on the June long weekend.

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

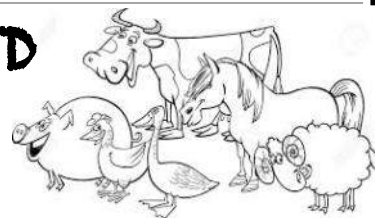


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 \*seedlings \*Jewellery \*sourdough bread \*market BBQ \*food  
 \*live music

#### Feature stallholder: Frog In A Sock

Philippa and Simon are longstanding, beloved stallholders at Nabiac Farmers Market. Their beautifully made, curious pieces continue to delight market goers.

Born creative, several key moments spurred Philippa on to become immersed in a world of clay. Her Father's pottery studio, a potter in Scotland who piqued her interest and the pivotal move to Nabiac...



**Q: What inspired you to create with clay?**  
**A: "I have always been very creative and have always thought that pottery would be a fun thing to learn to do. I was very inspired many years ago by a potter in Scotland, then later by my Father who started pottery and set up his own studio. However, it wasn't until I moved to Nabiac that I decided to give it a go and fulfill my dream. Last year we built our studio and this year we will complete the project by setting up our**

kilns to fire our work. Most of my inspiration has come from nature and what I see around me. Those who know the market stall will have seen the animals I make. I like to make things that make people smile, something a little quirky that you can't buy in the shops.



I do take commissions if people are looking for something specific. Commissions usually take about 4 - 6 weeks to complete.

Most of my work can be found on our Facebook and Instagram pages".

Plus, a proud recent Nabiac Show award recipient to boot! Philippa's hand-crafted wares attracted 2 firsts, a second and a

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highly commended.

Find Philippa and her unique pieces at the next market, 30<sup>th</sup> April. Check out the FB and Instagram pages for Frog In A Sock.

#### Market News:

The market was cancelled – we thank everyone for understanding. We had to consider many factors: stallholder cancellations, (some become flooded in), the lack of customers and the safety of all, when the grounds were very muddy and slippery. Thank you to all of you who commented on our FB page and make the effort to seek out stallholders and support their businesses.

We have faced the technical issues head-on:

New phone: **0438 012 781**

Email: [nfmcoordinator@gmail.com](mailto:nfmcoordinator@gmail.com)

Website: Visit our page at Nabiac.com. Greg Golden, from Golden Age Media who hosts Nabiac.com, will update our market page on this site. We will no longer use the old/existing Nabiac Farmers.com website. Apologies for any inconvenience these issues have caused. It's a positive move, driving traffic to the local website.



#### Veggie patch time:

What veggies are you putting in for this season? Here are some suggestions: What you can grow will depend on your soil and your area.

**TIPS:** Net the broccoli! It's the only way to keep out caterpillars. Grow coriander under the broccoli, it thrives in dappled light and reduces bolting. Get your natural slug repellent strategies ready!

Enjoy fresh produce in your own backyard and consider bringing your surplus to the next market. The forecast is good!

Stallholder applications, email: [nfmcoordinator@gmail.com](mailto:nfmcoordinator@gmail.com), or download forms from the website [www.nabiac.com](http://www.nabiac.com) and email them through to us. Hopefully this will be updated by time you read this.

We regularly post info and updates on Instagram and Facebook. Follow us!

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

Next Market: Saturday 30<sup>th</sup> April.

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



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## TOWN CREEK REVIVAL FOR NABIAC



**Federal Government funding of \$250,000 will reduce the flood risk for Nabiac's town centre, restore Town Creek, deliver a new public picnic area for the town and shade sails in Memorial Park.**

The funding will see the planting of native species of trees along a 125-metre section of Town Creek north of Clarkson Street, the removal of invasive vegetation and construction of a rock-lined low-flow channel to reduce flood impact.

I joined MidCoast Council representatives in town to see plans for the upgrades.

We are prioritising work to mitigate flooding in local communities to avoid the devastation we have seen elsewhere and have experienced in our own region in recent years.

At the same time, this project will improve the charm of Nabiac's village by beautifying the banks of Town Creek, installing a new picnic area on the southern side of Clarkson Street and some long awaited shade sails over the children's playground in Memorial Park.

The work is expected to take about 12 weeks to complete, finishing up at the end of June 2022.

Dr. David **GILLESPIE** MP

FEDERAL MEMBER FOR **LYNE**

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

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## Show News

Our last month's request to believe *'the Show will go on'*, worked. We did have our 109<sup>th</sup> Show in March, 2022. Now get out your diary and mark down the date for our 110<sup>th</sup> Show, **11<sup>th</sup> March, 2023**.

A huge thank you to all who came this year. In particular those who had the patience to help us through the teething issues of our new ticketing system. It means we now have much better records of those who delivered, volunteered, participated-in and attended the Show. This means we know who to thank and where to market the next Show.

In particular we thank those who waited in the queue, in the rain, to pay their entry fee. This is our primary source of income, and it is from these funds that we are able to deliver the next Show. **THANK YOU**

Once in the NABIAC Street gate, did you turn right and check-out the Poultry Shed? We had record entries, with still room for more. The biggest surprise was the appearance of a couple of breeds that have not been shown for years. Who would have known that the COVID lockdown would be inspiration for more focused poultry breeding?

No surprises in the shortage of Produce entries. Most of what we grow in our gardens prefer less water and more sun than we've seen this year. Still, a good array of fruit and vegetables were entered and on display. Did you see the *'F & V creatures'* from our infant and primary school children? Each was a creative delight.

Numbers were down in some sections of the Hall, but the quality was wonderful to see. The hand-writing section had a great number of entries, compliments, I hear, of some teachers who used it as a learning activity. Wonderful to see how the opportunity to participate in the Show is being promoted across our community.

Our ever-popular Ladies Auxiliary did a sterling job in the Luncheon room with their great scones, jam and cream, home baked sweets and hot or cold lunch offerings. They backed this up with the BBQ running all day from the new kiosk.

The wood chop made a successful return and in true country style, the six events were successfully held regardless of the rain, mud, and wood chips.

Many small businesses have had a hard time in the last two years, including our ride providers. We were pleased to see the return of some of our regular features, carnival food and rides, with expectations that by next year they will be back in full operation bringing Show Bags and, hopefully, the much-missed dodgem cars.

In progressing up to the Showground Lane gate, you would have felt well protected given that during the day we had the company of four RFS fire trucks, from Minimbah, NABIAC and Firefly, two highway police vehicles and to top it off, the Volunteer Rescue Squad from Taree.

With the return of the wood chop we had to find a new spot for our ever-favourite display – the DONKS. A vast array of noisy, chuffing, blowing engines and sparkling old cars proved a delight to many and it seems the new location is now their preferred. Change can be a good thing.

Given the state of the ring, before the first horse even entered, the decision was made to re-locate the Show Jumping events to the safer Team Penning area of the grounds. They had a safe, successful day. These events could be enjoyed as walking down to Aub Ferris oval to see the Show Dogs. The quagmire of thick dark mud made it a challenge, but the newly installed gate and bridge did make it possible.

Back up in the ring all the horse events with entries were conducted and we thank the judges, the entrants, and their horses for participating.

To complete our tour around the ring, brings us to the Beef Cattle. The current outbreak of COVID played havoc with our school entries, but two were well represented and our judge on the day drove through

the program, sometimes in the rain, in the sheds and in the ring.

A new feature, added this year to our usual Young Paraders & Judges events, was the RAS / ASC Group 2 finals for Young Paraders and Young Judges of Beef Cattle, Fruit & Vegetables and Grain. The last two were held on Friday afternoon in our new annex off the Kiosk, opposite the cattle ring. The Beef Cattle events were added to our Saturday schedule. We were proud to conduct these finals and so give some of our young, local, agriculture students the opportunity to compete at the Royal Easter Show 2022.

The Program of Events read *"Grand Parade"*, well this year it was not quite that. We did manage to acknowledge five of our Association's long-standing contributors by awarding Life Membership and badges to **Judy Farley, Mark Farley, Lyn Reid, Janice McDonald**, and **Ray McDonald**, though not all of them could join us in person.

This was followed by the new, much spruiked but not greatly supported Tug of War. We'd hoped for a maximum of 16 teams, but only secured four on the day. That included one from the wood choppers. The winners were the *Gooch team*, sponsored by the NABIAC Hotel, a great contributor to social events in our town.

A call was put out for another tug of war and the kids of our community came to the rescue. What child would not enjoy the chance to be cheered on for playing in the mud? Two teams were hobbled together from the forthcoming competitors and much cheering from the stands for the new line up. The seven winners each went home with crisp new \$10.00 note. Thanks to the Wingham Scottish Festival for lending us their rope.

Evening entertainment in the ring started with the Doggy High Jump which grows in popularity year on year. We had rain, mud, a ute, a tractor, cheering spectators, entertaining commentary and three classes – small dog, large dog, and farm dog. The competition was keen, and the farm dog winner cleared 2 metres. This being the current maximum height of our jump, additional height will be added before next year, just in case the dogs go into serious training.

With great noise, smoke, and expectation we had ten Demolition Derby cars enter the ring. Start was called, the drivers charged off enthusiastically with great plans, only to be stopped dead, bogged in our ground, and having to sit the event out where they landed. Some managed to stay on higher, firmer ground and deliver some serious blows to each other and entertainment to the keen crowd. We thank all those who worked on and delivered cars to our competition and look forward to encouraging them back again next year. All five awards were made, and a best hit nominated.

With a huge thanks to another of our outstanding community associations – the NABIAC Memorial Neighbourhood Centre – we all enjoyed the Show finale, the NABIAC Second Chance Op Shop fire-works.

**Sally Henderson** Secretary - Phone: 0420 93 74 63

## RAFFLE WINNERS

- 1<sup>st</sup> **Greg Birch** - 1.8m Square Quilt - *Mid Coast Quilters*
- 2<sup>nd</sup> **Penny Britton** - R.M Williams Belt - *Yarads Men's Wear Forster*
- 3<sup>rd</sup> **Grazyna** - Turned Wooden Bowl - *Manning Great lakes Woodworkers*
- 4<sup>th</sup> **Marj Salt** - \$100 voucher - *Bunnings Forster*
- 5<sup>th</sup> **Kate Bourke** - \$100 voucher - *Bunnings Forster*
- 6<sup>th</sup> **Jim Fisher** - \$100 voucher - *Manning Mowers, BBQ & Heaters*
- 7<sup>th</sup> **Carole Baines** - Treatment Voucher - *Equine Acupuncture*
- 8<sup>th</sup> **Shelly Keenan** - \$75 Voucher - *Manning Mowers, BBQs & Heaters*
- 9<sup>th</sup> **Carol Wilson** - \$50 Voucher - *National Motorcycle Museum, NABIAC*
- 10<sup>th</sup> **Maree Young** - \$50 Voucher - *National Motorcycle Museum, NABIAC*
- 11<sup>th</sup> **Grace Dearing** - \$50 Voucher - *Manning Mowers, BBQs & Heaters*
- 12<sup>th</sup> **Maria Battista** - Aust Show Society Country Cook Book - *WDA & H Assoc Inc*







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**Love your Liver** (and it will love you back). We can choose how to fuel our bodies good food is bountiful on the Barrington coast!

Along with eating well, exercise, fresh air and finding ways to calm the nervous system, all play a role in liver health. Remember to relax, slow down and breathe.



Overnight oats, plus nuts, seeds, and berries, provide nourishment for a healthy liver. This breaky is rich in fibre, antioxidants, and healthy fats. Healthy meals and exercise are key to all-round good round health.

Unfortunately, the impact of modern-day living, such as fast food and less exercise, are taking a toll. Around 25%-33% of people in Australia have

been diagnosed with non-alcoholic fatty liver disease NAFLD.

As the 2nd largest organ, after our skin, the liver performs many functions and is essential to life. The role of the liver includes, activating enzymes, breaking down and creating nutrients, and detoxifying blood.

Let's do everything we can to love our liver and keep it healthy.

#### Top foods for liver health:

- Leafy green vegetables. Parsley, spinach & romaine lettuce are rich in folate, important in red blood cell formation and for healthy cell growth and function
- Vitamin C foods, for tissue repair, collagen production and protecting your body's cells from damage: Oranges, blueberries, kiwi, capsicum, tomato.
- Garlic – contains compounds which may reduce blood pressure
- Extra virgin olive oil – consume cold.
- Walnuts – possess anti-inflammatory benefits of linoleic acid. (Choose non-GMO)
- Avocados – Healthy fat, fibre, magnesium, antioxidant vitamin E.



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#### Wisdom from the “Blue zones”

Sweet potato, legumes, greens, and ferments are the backbone of diets for many people around the world who enjoy excellent health, especially in 5 areas identified as the Blue Zones, where people enjoyed extraordinarily good health and longevity. A diet rich in fibre, plant foods, and foods to **increase gut bacteria** (such as natural yoghurt) may help you reduce risk of illness, aid liver

healing and increase wellness. People in the Blue Zones enjoyed extraordinarily good health. They ate local fresh produce, consumed olive oil, ate plenty of fibre and had strong connections with family and community.



A piece of wild-caught fish is a powerhouse of goodness for the liver, packed with protein and healthy fats. Include oily fish and species which are lowest in mercury. Sweet potato provides antioxidants and essential fibre. Just wash the sweet spuds and bake in a moderate oven. Toss through some olive oil and or honey after cooking.

Add plenty of greens and variety of veg.

#### Healthy liver checklist:


- ♦ **Invest time** in shopping and food prep
- ♦ **Hydrate**
- ♦ **Include: a rainbow of plant foods**, rich in fibre & antioxidants, turmeric + black pepper, garlic, lemon, fresh herbs, and olive oil.
- ♦ **Feed your beneficial gut bacteria** with prebiotic foods and probiotic foods
- ♦ **Balance the meat and veggie intake.** You may need to reduce consumption of meat, eggs, and cheese, if your diet is high in these, and you eat them daily. Including small amounts of meat and fish is ideal
- ♦ **Avoid over-use of sanitiser products**, chlorine, and mouthwash, which kills good bacteria as well as the bad ones!
- ♦ **You're an individual**, so the right diet for a friend may be different for you.
- ♦ **Reduce takeaway**, processed foods and rich foods.
- ♦ **Reduce alcohol**, soft drink & sugary foods \* at least surround a glass of wine with plenty of healthy foods!

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- ♦ **Avoid toxins.** These can adversely affect the amazing gut bacteria, which play a big role in liver health. Toxins can be on your food (especially GMO foods), in plastics, skin products, cleaning products and fake air-fresheners.
- ♦ **Check in on the type and amounts supplements** you are taking. Some can be highly beneficial. Some may be unnecessary. Too many can put strain on the liver and may be detrimental. Talk to your health practitioner and consider a day or 2 a week with no supplements.
- ♦ **Include slow foods** and cook at lower temperatures to avoid AGEs
- ♦ **De-stress:** Take time out for calming activities, exercise, and mindfulness. Do something which brings you joy.

Head to the website to read the recent blog on liver health.



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## REAL KULTCHA

An Update. The Russian squad is doing it tough in their away match in The Ukraine and I'm pretty sure their coach (*Vlad The Impaler*) is not happy. So far they've managed to level any defence The Ukraine squad has managed to put up, Vlad and his henchmen have threatened to use *a nuclear option* if anybody thinks about coming onto the field in support of Coach Zelensky's squad, the umpire (the UN) has been sidelined because Vlad has the right (within the "game's" framework) to tell the umpire to nick off (which they've done) and now it appears somebody (possibly us) has reported him to the governing body in The Hague! In short, it's a mess, it's not going to get any better in the short term and has the potential to become a whole lot messier.

It's been a bad month for Cricket Australia. First, *Rod Marsh* (who never missed a catch in his life) "caught" a heart attack and (to stay with the cricketing metaphor for a moment) was stumped! We were all in denial: how did that happen? Then (as if Rod's passing wasn't enough) we learnt *Shane (The Sheik of Tweak) Warne* was discovered in his room in a Thai resort "unresponsive". That's new age speak for *not well* and despite the efforts of several of his travelling group, he could not be revived. I appreciate the Grim Reaper will come for us all in the end, but I think we could all agree Rod and Shane were taken a tad early.

*The Galahs* are in Pakistan at the moment and while they had a chance to win the second Test, the declaration came too late. I guess we have to admit that as Aussies, we like to win. The problem is though, if as a captain, you try too hard to win and then lose, we'll rip you to pieces Cummins is new at the captain's job and probably a bit gun shy so he decided to play it safe. He delayed a declaration to the point that Pakistan had no chance of winning and our chances were only slightly better. But a draw was the most likely and that's better than a loss!

Meanwhile, over in New Zealand, *The Southern Stars* (yes, I know, the Cricket Australia nabobs decided to rename them something boring but I still like that name) are going great guns and from what I've seen, don't seem to have been troubled to date. It's still early days but they're looking good.

By the time you read this, the fate of the Australian soccer team (No, it's NOT FOOTBALL, it's soccer) will be a bit clearer. They haven't played all that well to date and now find themselves between a rock

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and a hard place! They're not one of the top two in our division (who get automatic selection to the World Cup) and are to play the top two teams (Saudi Arabia and Japan) shortly. They must win both the games. It'll be tough as their coach has had COVID and they're without several good players. If they don't win the games they're not out of contention but the alternative route is an extremely hard road. I don't like their chances.

The two other codes of football (is Rugby Union still played in this country?) have begun and while I'd like to say *The Heavenly Cohorts* (St George and St Kilda) are both on top of their respective ladders, they're not. BUT, it's early days yet and they're not at the bottom! There is still hope: St George is way in front of Manly and St Kilda is in front of Richmond. And speaking of Richmond, I ran into the local Richmond ear-worm at the Nabiac Show last weekend and after exchanging pleasantries ("*St Kilda are a bunch of losers*" and "*Richmond's a side full of geriatrics*") he surprised me by saying he was really impressed with the way Collingwood had played the night before and had decided to begin following them! Now, as everybody in the football world knows, there's only one thing worse than a Collingwood/Manly supporter and that's a turncoat: someone who has religiously followed a team for years and then, just because they've hit a bit of a rough patch, they're abandoned and the fan flits to another team! While I tried to think of something cutting to say, his mate levelled him with a stare and in a voice that oozed venom, muttered, "But do we want you?" To abandon one's club is bad enough but to then be rejected so violently by your new love probably has the ex-Richmond ear-worm in therapy at the moment. I'll let you know how he's progressing down the track.

Tom Brady was the quarterback of the *New England Patriots* for some 20 seasons before switching to the *Tampa Bay Buccaneers* where he won his 7<sup>th</sup> Super Bowl title. He retired last year and (I'm not making this up) some idiot paid US\$518,628 for the football he threw for his last touchdown! Then a week ago (at the age of 44) he decided his place was on the field not in the stands, so he un-retired himself. He holds almost every quarterback record in the NFL and will be an automatic selection for the Hall of Fame when he becomes eligible, so you've got to wonder why?

Talk at you next month,

*The Hillside Critic*

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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, 1945 by Bob Mann

**DYERS CROSSING - JULY, 1945:** On Wednesday evening last a large gathering of people met at Dyers Crossing to make a farewell presentation to the Rev. R. V. Hanington and his wife who are leaving the district at an early date. The Rev Hanington has been the Church of England Rector in the Parish for the past 7 years and recently received news of his transfer to Branton\*. The evening was pleasantly spent in card playing and renditions of musical numbers. Mr S. Walsh obliged with several humorous songs. They were loudly applauded and Mr Hanington gave two enjoyable recitations. Speakers included Messrs A. Schuberg, W. Finch, N. C. Suters, L. Stevens and J. Harris. All these gentlemen expressed the genuine regret felt by the people of the parish in the departure of Rev. Hanington of the latter's great friendliness and sincerity and how he had strived hard to improve the finances of the parish. In this he had met with well earned success and he had the satisfaction of knowing that he was leaving with the finances of the church in a sound condition. A very interesting speech was that of Mr J. Harris, the oldest parishioner in the district now over 80 years of age. He praised the sterling qualities of Rev Hanington and assured him that he would be sadly missed. Mrs. R. Fraser made a presentation to Mrs Hanington and on behalf of the Wallamba people Mr. L. Stevens presented Rev Hanington with a very fine travelling case. In reply Rev Hanington thanked the people from the bottom of his heart for their kind thoughts and a most useful present which he would always treasure highly. He went on to say how his stay on the Wallamba River was the longest one he had made so far and he judged it the happiest period of his life. The people had give him that co-operation for which he had hoped and had been behind him in all church work. He had received notice of transfer with very mixed feelings. He had lived so long in this area that it became hard indeed to sever his happy connection with the place and leave for another. The work of the church would go on, he pointed out, and even though there were changes in Rectors and he urged the people to give the new Rector the support they had given him

**NABIAC - JULY, 1945:** The monthly meeting of the Nabiac Branch of the P.P.U was held at Darawank on the 9<sup>th</sup> of July and was organised by Mr D. Hancock. President of the Wallamba District Junior Farmers Club was a representative and enthusiastic gathering of farmers of the Wallamba. Nine members from Nabiac were conveyed to the Darawank Hall per car by Mr H. Bryan and Mr G. Paterson. Mr S Bowers occupied the chair. Mr R. Milliken, on behalf of the Darawank members, extended a kindly welcome to their Nabiac friends and appreciated their action in transporting one meeting a quarter to Darawank. Mr Bowers thanked Mr Milliken and stressed the importance of farmers supporting the Union. When the usual business

came on ideas were brought forward and lively discussion followed the suggestions. Three motions were carried to be placed on the agenda proper for the forthcoming district conference to be held at Wauchope during the last week in August. The secretary was instructed to bring several matters under th notice of the Manning Shire Council and to thank the councillors for their attention to past requests. It was decided to hold the next meeting at Failford during August. At 10.0'clock the billy was boiled and the ladies of Darawank passed around refreshments which was enjoyed by all. Mr. W. Digby moved a hearty vote of thanks to the ladies which was carried by acclamation and an enjoyable evening terminated.

**NABIAC: PEACE CELEBRATIONS - AUGUST, 1945:** Nabiac celebrated the declaration of peace with good enthusiasm when at 2pm a march was made to the memorial in the park. There Mr R. Campbell guided the proceedings and spoke of the sacrifice made by those who have gone from us. Not only in this war, but also in the previous one. Two minutes silence was observed in memory of those members of the service who will not return. Wreaths were placed on the monument by a number of representatives of local and patriotic bodies. National hymns were heartily sung by the large company present. The address was given by the Rev. R.C. Pereria. He said we feel convinced that the Divine presence has attended the efforts of the Allies during the dark years just passed, therefore we do well to remember God in this hour of joy and triumph. When V.E. DAY was celebrated there was a restraint in our rejoicing because of the knowledge that our task was not completed. Now we can throw ourselves into the celebrations in the most hearty manner. Today there is one cause for sorrow, that is the fact that so many of our men won't be coming home. To those whose sorrow we give our tenderest sympathy and commend them to the compassion of a loving God. Now we commence an area of peace. The only way in which this peace can be made real and eternal is by winning the love and goodwill of those who in the past have been our enemies, so the task which it requires most skill and goodness lies before us.

At 7pm on Wednesday a very large company of all denominations gathered in the Methodist Church where half an hour was spent in singing thanks giving hymns Most hearty was the spirit in which the hymns were sung. Afterwards many expressions of appreciation for the session were given. Following the singing in the church a bonfire was a great attraction to the young and old. Then followed a gala night in the Agricultural Hall. This was deemed so good that it was repeated o Thursday night.

**NABIAC - SEPTEMBER, 1945:** Mr and Mrs E. McMaster have received word that their son Mr W. McMaster, who has been a prisoner, is well.

**DYERS CROSSING - OCTOBER, 1945:** Miss June Milligan, the daughter of Mr and Mrs Merve Milligan, aged 12 years of Dyers Crossing fell while playing last Friday and fractured her right leg. The ambulance conveyed the patient to the MRD Hospital

\*Branton? Brantxon?



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## Spotting & Treating Equine Hoof Thrush

Have you heard of equine thrush? Thrush is a fungal infection of the frog, which is found in the central and lateral grooves. It can be identified by the presence of black, rotting flesh and an extremely foul smell. In severe cases, the infection may penetrate the horny tissues and the sensitive structures of the hoof, which can lead to lameness.

The main cause of thrush is unhygienic living conditions, for example when horses are kept in poorly managed stables that are not thoroughly mucked out daily. Horses can also develop thrush when they're kept in dirty yards and paddocks, or in wet, muddy paddocks that are contaminated. Dirty, uncleaned feet, and lack of frog pressure due to incorrect shoeing or trimming can also lead to the development of thrush.

The most apparent sign that a horse has thrush is usually the odour that occurs when picking out the feet and a general foul smell coming from the horse's hooves. The infected areas of the hoof will be black in colour and will easily break or crumble when scraped. When picking out the hooves around thrush areas, the differences between healthy and infected areas can be seen when healthy white-grey frog tissue is surrounding a dark, smelly area. You will also find an increased amount of moisture and a black discharge in the frog grooves.

Most horses do not become lame if infected with thrush. However, if left untreated, the bacteria may migrate deeper into the sensitive parts of the hoof, which will result in lameness.

Treating thrush firstly involves improving the horse's living conditions and the hygiene of stables, yards, and paddocks.

Secondly, you need to kill and eradicate the invading bacteria. Treat thrush in horses with a germ-killing product, such as iodine, betadine, or a bleach-water mix, diluted 50-50. Do be aware with bleach that if the infection is severe and has reached the sensitive tissue bleach will be too harsh. You can soak your horse's hooves in these products using a sponge to thoroughly cover infected area, or fill a bucket with an inch of your chosen solution then place each of the horse's hooves in the bucket for a few minutes at a time.

To get deep into the crevices of the frog where the infection will be hiding make your own cotton swab by wrapping cotton tightly around the end of a hoof pick and soak in your chosen solution. Make sure to thoroughly clean the sides of the frog and any cracks and crevices. Repeat the process daily until the issue is resolved.

Rotting frog tissue should be pared back and dead flesh removed by your farrier to allow the flesh underneath to begin repairing.

It is important to be aware that some horses are more predisposed to getting thrush than others and the best course of action for these horses is to treat them weekly as a preventative measure.

Iodine and betadine are both available at Mustang & Co Saddlery & Rural, alongside a large range of equine and livestock medical supplies.



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## Artists of Wallamba Inspire ~ Create ~ Connect



This month Artists of Wallamba met at *Susie Oldfield's* Wang Wauk property with Susie running a charcoal dust painting. This was an excellent day where we used stencils and brushes creating layered works and getting totally covered in charcoal – as per photo below!

The sessions are always fabulous with something new in art, whatever level you're at, and a great deal of laughter and good food. So please if you're new to art or new to the area, we'd love to welcome you! It's a great way to meet new people.



(Above left: Kate Landsberry. Above right: Beate Brooks Tracy)

**GLAS (Greater Lakes Art Society, Lake Street, Forster)** will be running their **40<sup>th</sup> Annual Art Exhibition**. What an amazing achievement! This is always a diverse and interesting exhibition with a number of categories and prizes provided by MidCoast Council, and many local organisations and businesses. **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 - \$1000.

Another opportunity for exhibition is **The Lansdowne Art Exhibition**. Entries close 11<sup>th</sup> 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**.



### MEMBER NEWS:

**Susie Oldfield and Ariane Bell** both had excellent success in their exhibitions at the **Art Space** at Urunga, both enjoying good sales and feedback on their work

Ariane's continues until April 6<sup>th</sup> so if you are up that way do drop in for **Tea and Sympathy** – an excellent theme for the exhibition!

Ariane Bell – mixed media, left and sculpture, right





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Email enquiries to hamishtb@hotmail.com

**Gemma Styles** has just completed an exhibition at **The Edge Gallery**, Taree, with sales and fabulous feedback. Gemma still has work on display and much more on view that may be commissioned and customised on her website [www.gstylz.art](http://www.gstylz.art) until the end of April.

Commissions are always welcome with prints and originals online, via the website and via her Facebook page. Gemma thanks all who took the time to visit the gallery!



Carmel Spark

**Carmel Spark** from Minimbah will be exhibiting in this space and has been producing lush paintings of eucalypts with *Blossoms in Abundance* – *Eucalyptus Rhodantha*. Carmel's work can also be viewed on Bluethumb gallery online and on her Facebook page, where her work is proving to be in demand.

**Manning Regional Art Gallery** presents **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)



Gemma Styles

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 toward the end of April so contact us for date, 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

### Mornin' Sam.

### Mornin' Ralph.



## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 18<sup>th</sup> April, 2022.**  
**Volunteers and Committee members welcome to join.**

**HALL MARKETS:** 3rd Sunday of the month. 17th April.  
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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## Lyn's Larder

The weather is getting cooler and so I thought a nice homemade soup would go down better than a can of bought soup.

**CHICKEN SOUP** with a difference. This easy recipe is perfect for a quick lunch or dinner. Red capsicum, corn and a sprinkling of fresh greens bring colour and texture to a simple chicken soup base, and adding a little sherry makes it taste just that bit more special. With seeded bread rolls it makes a tasty light meal

### INGREDIENTS

1 litre	Boiling water
2	Chicken stock cubes, crumbled
1	Red capsicum, seeded and cut into fine strips
125 g	Frozen corn
250 g	Skinless chicken breast fillets, cut into short 1cm wide strips
2 cup	Young broccoli florets or pieces of broccolini (120g)
2 tbsp	Medium sherry
¼ cup	Snipped fresh chives (15g)
¼ cup	Chopped fresh tarragon (15g)
	Salt
	Pepper (both to taste)

### METHOD

Pour the water into a large saucepan & add the stock cubes and whisk over a high heat until the stock boils.

Add the capsicum strips and corn & bring back to the boil, then add the chicken strips and immediately reduce the heat to low.

Cover and simmer gently for 5 minutes.

Uncover the pan and bring the soup back to the boil.

Sprinkle the broccoli or broccolini into the soup, but **do not** stir them in. Leave them to cook on the surface of the soup, uncovered, for 3–4 minutes or until just tender.

Take the pan off the heat.

Stir in the sherry, chives, tarragon and seasoning to taste.

Serve at once.

\* Possibly if you prefer a little more flavour you might like to start by sautéing half of a thinly sliced onion before adding the water and then following the rest of the preparations.



### Manning Valley U3A's wide range of courses gives you lots to do in Term 2

U3A offers many courses, catering for all types of interest, which are available Monday to Friday for you.

"Choose from many new, returning and continuing courses. Play ukuleles, make craft items, learn or practise your French, do some exercise, tell your story. Wow, and that's just Monday!" said U3A Secretary **Heather McLaughlin**.

"U3A offers such a wide range of very different courses to start in term 2 from 2<sup>nd</sup> May to 1<sup>st</sup> July", she added.

"You'll be well occupied for the rest of the week too. There's more ukes, more exercise (walking), more language. Why not try out exploring our valley, philosophy, play reading, book talk, art, movies, discussion group, singing, time travel and table games? U3A can keep you busy every day, each week".

For more details look at our newsletters and bulletins and always keep up to date by visiting our website <http://manningvalley.u3anet.org.au> Annual membership costs \$20. Course fees vary from free to \$20 for the term.

**U3A is an educational and social organisation for the 50 plus age group** who are semi-retired or retired. It is a completely volunteer run organisation. Courses are run by members for other members to participate, enjoy, and learn in.

For further information you can also contact the Secretary on 0425 757 641 or by email, [secmanningu3a@gmail.com](mailto:secmanningu3a@gmail.com). U3A has operated here since 1999.

It is an entirely volunteer managed and run organisation with members leading courses for other members to enjoy on a wide range of topics and activities.

*This sounds like an interesting way for some of our active older generation to meet like minded people, have fun and get out of the house and learn something new. Just a thought! Ed.*

Brad lives in Melbourne.....he was sick of the World, of Covid-19, those who hate China, global warming, species extinction, racial tension and all the rest of the disturbing stories that occupy the media headlines.

Brad drove his car into his garage at home, carefully sealed up around the windows and doorways of his garage, selected his favourite radio station and started his car to a slow idle.

Two days later, his neighbour realising she had seen no sign of Brad for a while, peered through the garage window to see Brad at the wheel of his car. Immediately she phoned emergency services. Police, fire and the ambulance arrived promptly.

After pulling Brad from his car and giving him a sip of water, he seemed as good as gold. Brad drives a Tesla. It now has a flat battery.

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## Take part in a citizen science project

Schools and community groups are invited to take part in an exciting Science Week project, exploring MidCoast's beautiful creeks and rivers.

The MidCoast has secured one of 35 National Science Week grants. The grant will fund a special science project with MidCoast Council, the University of Canberra and the Manning River Turtle Group.

Using brand new eDNA technologies, the project will look at the ways native animals including the platypus, Australian bass and the Manning River turtle use our waterways.

Environmental DNA (or eDNA) sampling is an innovative scientific technique. It allows participants to engage in scientific field sampling and learn about biodiversity.

Clare Rourke, from the Manning River Turtle Group, said, "In May, we will hold a field-based workshop for participants where we will learn about eDNA sampling and how it is used. There will be talks on local wildlife. Participants will be given a kit to conduct their own sampling in a local creek or waterway of special interest to them."

University scientists will analyse the samples and the results will be revealed during a webinar in Science Week.

"It will be hands-on and fun. We hope participants gain a better understanding of the biodiversity of local creeks and rivers and a new appreciation of how special our environment is," Clare said.

MidCoast Council's Manager Natural Systems, Gerard Tuckerman added, "The project forms part of Council's effort to protect and improve the health and function of local catchments and waterways and we are pleased to be part of this positive event. If any school or community organisation is interested in participating, please contact us."

Call Council on 7955 7777 to express your interest. Places are limited and the deadline is **20<sup>th</sup> April**.

Dr Jess Tout from Charles Sturt University said, "My love of science and the environment has shaped my career as a researcher and university lecturer. This project allows me to share that passion with school students and people from a range of ages and backgrounds. It will encourage knowledge-gathering and stimulate a conversation about science participation, the environment and the value of healthy natural areas".

National Science Week is from 13<sup>th</sup> – 21<sup>st</sup> August 2022.  
*This sounds like a great fun and informative project for one of our Landcare groups or possibly one of the schools to get involved in.* Ed

## Multi-million dollar Federal funding investment for medical, allied health student training in Taree

The Federal Coalition Government has announced an injection of \$32.9-million over three years into the University of Newcastle's Rural Health Multidisciplinary Training (RHMT) program which will train many more student doctors, nurses and other allied health professionals in Taree.

Funding for the Taree-based University of Newcastle's Rural Clinical School and University Department of Rural Health will support 18 local staff and significantly boost the region's health workforce.

The investment in medical, nursing and allied health in Taree builds on the Federal Coalition Government's \$7.5-million investment in expanding university and higher education through the Taree Universities Campus.

Making the funding announcement in Taree, Federal Minister for Regional Health and Member for Lyne Dr David Gillespie met with medical students at the university's High Street centre.

Dr Gillespie said by extending the health training program for a further three years, students were being supported in a range of career paths, as well as increasing health care access for local patients.

"In one year alone, the university's rural training facilities in Taree hosted more than 20 trainee doctors for 12-month training placements, considerably boosting the local medical workforce," Dr Gillespie said.

"More than 310 nursing and allied health students also had placements in Taree

LIFE Accept what is,  
Let go of the past,  
And look forward to the future

## Service NSW.

### Updated COVID-19 advice on Self-isolation rules

There are changes to self-isolation rules that affect household contacts.

If a household contact tests positive to COVID-19, you **and** the COVID-positive person must **self-isolate for 7 days**. Have a test as soon as possible and again on day 6. If all tests are negative, you can leave isolation after 7 days.

You don't need to repeat self-isolation if another person in your household tests positive in the 14 days after you finish self-isolating. If another person in your household tests positive for COVID-19 **more than 14 days** after you've self-isolated, you'll have to self-isolate again for 7 days.

If you're unsure whether you need to self-isolate, you can [use this table](#) to assess your risk and know what to do if you've been exposed to someone with COVID-19. Go to [w.gov.au/covid-19/management/people-exposed-to-covid](https://www.gov.au/covid-19/management/people-exposed-to-covid)

If you have a child aged 4 to 13 years who attends a primary school in NSW, you may be eligible for a **before and after school care voucher**. Each eligible household can receive a **\$500 voucher per child** to reduce the out-of-pocket costs of before and after school care.

The before and after school care voucher program is one of **more than 70 NSW Government rebates** and savings available.

## Services NSW



## SEATBELTS INSTALLED ON ALL SCHOOL BUSES IN REGIONAL AND RURAL NSW

Local students in the Myall Lakes will buckle up on every dedicated school bus thanks to the NSW Government's Rural and Regional Bus Seatbelt Program delivering seatbelts on 105 school buses.

Member for Myall Lakes, Stephen Bromhead said the program is delivering real outcomes for regional communities by making sure students can travel safely to and from school.

"Student safety is our top priority and with the completion of this \$237 million program school students will now buckle up on their way to school," Mr Bromhead said.

"This program is about saving lives and we know that there is a higher degree of risk attached to school bus travel in rural and regional areas with buses frequently travelling and stopping on unsealed roads and roads outside urban areas.

"From 2016 to 2020 35 per cent of all bus passengers injured in crashes were children aged 5 to 16 years and one in four bus passengers injured were on a school bus.

"Many of the roads school buses travel have a speed limit of 80 km/h and above and it is crucial that we do not compromise the safety of our students as they travel to and from school."

In the Myall Lakes, 57 new buses had seatbelts installed and 48 existing school buses were retrofitted with seatbelts

Minister for Regional Transport and Roads Sam Faraway said the NSW Government had completed the NSW Rural and Regional Bus Seatbelt Program two years ahead of schedule.

"More than 200,000 students will be able to wear a seatbelt on school buses delivering a welcome boost in bus safety for school children right across regional NSW.

"The NSW Government invested \$237 million to help keep our kids safer on regional roads and today marks the successful completion of the program.

"Regional school buses frequently have to travel on unsealed roads and on roads outside urban areas with a speed limit of 80 km/h and above and now thanks to these seat-belted buses in service, we know our children will be safer."

Motorists are reminded to slow down to 40km/h when bus lights flash because this means a bus is picking up or dropping off children and that they may be about to cross the road.

The NSW Rural and Regional Bus Seatbelt Program delivered:

- Seatbelts on the entire fleet of **almost 2,600 dedicated** school buses in rural and regional NSW
- **1,145 new buses** installed with seatbelts, and **883 existing school buses** were retrofitted with seatbelts



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## Welcome to Deb's Gardening,



**R**ain, rain and more rain. It's not helping me to get into the veggie garden and autumn is the perfect time for gardening.

The seeds of the broccoli, cauliflower, turnips, beetroot, carrot and onion that I have germinated are ready to be planted into the garden but the soil and the compost heap is all too wet, which means it is a no go area. When the sun did shine for that short week I was able to remove all the weeds and the finished crops but did not get to prepare the bed. All the weeds and finished crops went into a new compost bin, nothing has gone to waste. So now I have to wait to add the compost, blood and bone and chicken pellets, to get the beds ready for the next crop.

One rule about gardening is not to dig sodden soil. When I say dig I mean lightly fork in the fertilisers, I am a no dig gardener, I just want to incorporate the fertilisers into the soil lightly.

My garden beds are all raised so once the sun shines again it won't take long to dry out and I will be able to start to prepare the beds. I will be sowing all peas directly into the soil, so if the soil is too wet the peas seeds will rot; patience is a virtue when it comes to gardening.

I still need to get into the tomato patch as they are now well and truly finished. The capsicums I will be leaving in for a second year Capsicums are biannual and can be left in for 2 years, they just need to be cut back and pruned.

Another rule about vegetable gardening is crop rotation. For example, don't plant root plants into the same spot. I plan to plant carrots into the finished tomato patch as carrots don't like a heavy fertile soil and as the tomatoes are a heavy feeder they have used up most of the fertiliser which makes it perfect for the carrots. The onions will be planted into the bed where the Zucchini's have been. Some plants don't like being planted near one another; for example, I won't be planting the peas near the onion as peas and onions don't like each other. But I

## Sam The Handy Man Can.....

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Windows  
Fly  
Screens  
Tiles  
Gyprock  
Paint  
Any Brick Problems  
Leaky Tap/Showers



### BUILD IT

Extensions  
Concrete Footings  
Retaining Walls  
Bag Rendering  
Block Laying  
Stone Work  
Curved Walls  
Water Features  
Wood Fire Ovens  
BBQs  
All Brickwork



### CLEAN IT

Rubbish Removal  
Property Maintenance  
Gutter Cleaning  
Lawn Mowing  
Garden Care



ALL WORK GUARANTEED

*'Service with a Smile'*



### MINI DIGGER HIRE

4 - in - 1 bucket, Auger Post  
Hole Pier Drilling, Mixer,  
Rubbish Removal and much  
more.....

can plant peas into the same spot as last year as peas are a nitrogen fixer and don't mind being planted in the same spot. I am still picking carrots, beetroot, salad greens, beans and cucumbers from the veggie patch so it is not a complete bare patch.

My garden consists of different design areas I have a formal garden section, a deciduous garden under planted with daffodils, a native garden and a cottage garden. I didn't mean to start out like that but it is an evolving garden and certain plants like certain soil types. Camellias and azaleas like an acid soil so that was how I designed the formal garden.

I am about to start another garden section. We had a big fig tree in the corner of the garden not far from the house (who ever planted it needed their head read); the roots are very invasive so down it came. I got given a load of soil which had no fertilisers added, which I spread over the roots about 8 months ago and of course weeds started growing. I wanted the roots to die and break down. I didn't know what I wanted to plant in this new garden so it sat there for awhile and I also didn't want to plant during the warm months. Now I am ready to get the garden started. I put down a layer of black plastic to kill the weeds and any seeds a while ago. This new garden like, I said, is in a corner and has a lovely outlook of the paddocks so I don't want to plant anything tall to disrupt the view. I took myself to a nursery and had a great time selecting plants; the new theme is a grass land. There are so many different varieties of native grasses all growing no bigger than a metre high, which is perfect. Plus I bought myself a feature plant, a Standard Acacia. These plants don't like any manures and heavy fertilisers so perfect to plant together.

It is important to know what soil type your plants need for them to succeed. So bring on the sunshine so I can get myself back out into the garden to get my exercise, therapy and increase my knowledge as gardening is always a learning kerb.

Until next time.

**Deb**

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## Good Medicine

### Sacrifice

As you are probably aware Easter and Anzac Day are two upcoming events. There are similarities between these when you think about it ... battle ... death ... shedding of blood and laying down of life for others. However Anzac Day is a memorial to soldiers who fought in a war between countries whereas the focus of Easter is God's solution to the problem that causes war ... and other conflicts in our lives. This problem is **our sin**. The battle between good and evil resulted in Jesus, because of our sin, laying down His life for us and then being wondrously resurrected.

This is the real meaning of Easter ... even though bunnies are cute and we love chocolate eggs they are not really connected to the celebration of Easter.

Have you ever considered donating blood ... or perhaps you are already a donor. Donating blood is a really worthwhile thing to do as blood is always needed by doctors and hospitals. Many people do this ... mine is one of the rarer types so I donated once. The staff were lovely as were the tea and biscuits ... also it was accomplished without my fainting. So be encouraged to try it if you haven't already.

When researching blood types I was surprised to see there were so many, some of which are not commonly known. Some can be used for people who are a different type ... type A can also go to AB but type AB can **only** go to type AB. However type O is the universal one which can be given to most people in an emergency. Surprisingly, it is thought there could be other types not yet discovered. It is amazing how our bodies are designed isn't it? *Psalms 139:14*.

Some percentages of people with different blood types are:

Most common	O - Positive	42%
	A - Positive	31%
	B - Positive	15%
	AB - Positive	5%
	O - Negative	3%

You might think the rarer types would be more valuable but turns out type O is always in short supply simply because it is **more** common, thus needed more ... plus type O people can only have type O blood.

So if yours is type O that's another reason to donate. The rarest of all is AB negative, found in just 0.5% of the world's population but the absolute rarest ... because it has no RH antigens ... is golden type Rhnull, found in only 50 people worldwide (1 in 6 million).

A card listing blood types states:

**'The rarest blood type is the one that's not there when you need it'.**

'There is another supply of blood that is one of a kind and always available to those who ask'. The Bible says the blood of Jesus Christ cleanses us from all sin, *1 John 1:7*. For centuries the Israelites had thought that animal sacrifices and keeping the law was the way to God, and for centuries the world has used war as a way to solve conflicts. The sacrifice of soldiers like the ANZACs doesn't necessarily make everything right but, because of Jesus' sacrifice, we can be made right with God when we trust in Him for our forgiveness.

I am thankful that Jesus was willing to shed His blood for me so that forgiveness was available when I needed it. Aren't you? Wishing you a blessed Easter.

'Jesus takes our sin and gives us His salvation'.

*Quotes from ourdailybread.org*

### The Counsellor

Plastic Hanging Basket,

Brilliant idea for a clip on the line peg basket.

Doesn't rot and has drainage holes in the bottom so that your pegs don't rust



## 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

**April** Mass times are Saturday 2<sup>nd</sup> at 6:00pm - Saturday 9<sup>th</sup> at 6:00pm - Thursday 14<sup>th</sup> at 6:00pm (Holy Thursday) - Friday 15<sup>th</sup> at 2:30pm (Good Friday) - Saturday 16<sup>th</sup> at 6:00pm (Easter Vigil) - Saturday 30<sup>th</sup> at 6:30pm  
(contact **Helen Legg** on 6559 1211)

### Krambach Bible Church (a ministry of Wingham Presbyterian)

A Family Service is held **every** Sunday at 11am. All denominations are welcome to join in.

Any enquiries please phone **Robert** (0400 310 357).  
(apologies to those who felt dominated for a while - proof reader's getting lax!)

### 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

**April** Mass time is Saturday 23<sup>rd</sup> at 6:00pm

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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hello everyone,

Barb, Jess and myself would like to wish everyone a fantastic Easter filled with love, laughter, family and lots of chocolate.

Stay safe, dry and hopefully COVID free.

I leave you with an Easter quote:

*"Easter symbolises the renewal of life. We wish you and your family the renewal of life, love and happiness."*

Happy Easter.

Belinda ☺

### Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

Gordon Foy, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

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)

Vicki Turner, on 0422 115 454 (Nabiac & Minimbah)

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### Powerful Health Benefits of Garlic For the Immune System.

It is not surprising that the high amounts of antioxidants present in garlic give it the ability to improve your Immune system, protecting your body from the attacks of all forms of bacteria and virus. Garlic has also been shown to be an effective cold remedy, decongestant, and expectorant. With its abundant amounts of vitamins C and B6, as well as selenium, manganese, and other important minerals, garlic has traditionally been linked to boosting the immune system and other health benefits.

(excerpt from The Miracle of Garlic, by David Sykes)

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Remember if you want to know what is happening in Nabiac,  
just look it up on the web - [nabiac.com](http://nabiac.com)

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