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To all of the advertisers and article writers who have supported
Across the Fence during the time Paul and I took it over way
back in late 2004

It has been 16 years this month that the reins were passed to
me after Paul's death.

Without the support of everyone who has been part of Across
the Fence's publication I couldn't have kept it going.

Let's hope I can celebrate in another 16
years and still have the fabulous support
of new and old advertisers and new
and old article writers who keep the locals
up to date with LOCAL news

Lyn



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Editorial.

Hi all,

The vagaries of the weather have upset my schedule with black outs on Monday and Tuesday causing me to close my computer down and not attempt to use the printer in case a black out stuffed it up. Two days lost.

I am sure it must be snowing on the Barrington as I am frozen from the winds, and didn't that wind on Monday and Tuesday make a mess of the place! Haven't done a check of the paddocks yet but didn't get any trees down around the house, just heaps of branches and leaves clogging the gutters, AGAIN. I hope no one had any serious damage caused to their homes or property.

Another two new advertisers this month, one of whom would be useful in helping clear up any debris in your paddocks.

The other is a bricklayer if you have any building projects in mind.

At a bit of a loss for the front page as the Big Horses event was cancelled and I know of nothing else happening in the vicinity, Will have to put my thinking cap on in the next little while so that I can start printing. This wet weather is causing a lot of event cancellations.

Single use plastic bags are now banned and whilst shopping in Coles last week I bought a pack of 3 mesh bags with draw strings that have been made for fruit and vegies. Will test them out next shop and let you know if they are worth purchasing. Cheap, so worth a try.

The Sinfonia MNC has started up again with COVID's relaxing rules and they are coming to Tuncurry & Taree this month. Details page 3.

From the look of the picture in Nabiac Village Futures Group article a lot of work has been going on with the creek in the couple of weeks since I was in Nabiac. You can't blink or you'll miss something the way time disappears (especially as you get a little bit older!)

Timidty cat has not been a well pussy cat and ended up in hospital for 5 days - thought he had been poisoned because he was continually vomiting and not eating, but, my next holiday cancelled, he just came good with test showing low cholesterol (not a heart attack candidate said the vet) but screwed up white blood cells, so a low immune system. They get the same ailments as we get. Wonder if I should take out Pet Health Insurance.

Our local Grey Ghosts have been off gallivanting again and sound like they had a ball.

I should compile a little book of all they places they have seen with the details and give it out as a Travel Directory. They get to a lot of great sounding, out of the way places.

That's it. My little grey cells have called it a day.

'til next month

Lyn, & Timidty (Tilley Cat in spirit)



WHAT'S HAPPENING IN JUNE, 2022

Markets & Events.

• Bulahdelah	(1st Sat)	4 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	5 th	8am to 12 noon
• John's River Country	(2nd Sat)	11 th	9am to 1.30pm
• Wingham Community	(2nd Sat)	11 th	
• Myall Quays	(3rd Sat)	18 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	18 th	8am to 12 noon
• Krambach	(3rd Sun)	19th	
• NABIAC	(Last Sat)	25th	8am to 12 noon
• Old Bar	(Last Sun)	26 th	7am to 1pm
• Pacific Palms	(Last Sun)	26 th	9am to 1pm
• Forster Town	(2nd Sun)	12 th	8am to 2pm
• Halliday's Point	(1st Sun)	5 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	25 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	18 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	25 th	8am to 1pm
• Burrell Creek	(2nd Sun)	12 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	18 th	???
• Taree Rotary Book Fair	(3rd Sat)	18 th	7.30am to 12.30pm ???

Check out barringtoncoast.com.au for more info & confirmation

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

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Nabiac Village Futures Group News



Great to see the town creek getting some attention.

This has been a long project and from my dodgy memory half a life-time ago, the councils of the day have been approached for something to be done. Our small gathering, the Village Futures Group (VFG), has been instrumental in carrying forward this project. We have a very good ongoing relationship with Council and we are well looked after, with foot paths, parking issues and speed restrictions in the village under discussion.

This is an expensive undertaking and to get to this stage Council has had to obtain various grants, create volumes of plans, deal with unknown government departments, private landowners and secure contractors. Wet weather is not helping the job so we ask the locals to be patient as work continues.

The plan has always been to beautify the area and when complete (according to the plans) the base and sides of the creek will consist of blue metal rocks and picnic table areas on both sides. Stormwater from the Old Bank Centre area must also be married into the area.

I noticed the foreman with a 2 m rod trying to find some bottom following the work by the excavator. Not much luck there.

The work brings back memories of this writer who grew up in the house adjacent to and across the creek from the bake house. Many happy hours were spent here with brothers and friends "fishing" and "water sports". We lived here again when married and raised three young tearaways.

The clean out resembles in many ways what the area looked like some 70+ years ago. Great stuff.



Bruce Weller. for NVFG

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Sinfonia Mid North Coast, our own community orchestra, has been rehearsing in preparation for its first concert series in a year.

Musical director, conductor and arranger, Iain Pole, has put together a program entitled "*Symphonic Dreaming*" which includes some works new to the orchestra and some well known audience favourites. Highlights will include themes from Rimsky-Korsakov's beloved suite *Scheherazade*, Elgar's noble *Nimrod* and selections from musicals and opera including *Chicago* and *Carmen*.

The concerts are scheduled for June, commencing Sunday 5th at Port Macquarie Baptist Church, followed by concerts at Tuncurry Memorial Hall on Saturday June 18th and St John's Anglican Church, Taree on Sunday June 19th. All concerts commence at 2pm.

Tickets are available at the website www.trybooking.com/eventlist/sinfoniamnc and at the door. Children under 16 are admitted free.

Ian Carr, President Sinfonia MNC Inc. 0432 572 445 for further information

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Between the Pages

Nabiac Library News



Hello to all our valued Nabiac Library community. We hope you are all well and managing to stay dry?!?

It has definitely been a Wet, Wet, Wet year thus far (isn't that the name of a band?), and my goodness hasn't it slipped away on us all. It is hard to believe that we are almost halfway through 2022. Everywhere is just so boggy; and Nabiac Showground (where our lovely Library is located) is no exception. There have sadly been so many events cancelled in our area due to this persistent wet weather; the latest being the St Heliers Heavy Horse event which was to be held at the Nabiac Showground on the June Long Weekend.

Thankfully, your access for coming into Nabiac Library is not impacted by all this wet weather as we have gravel driveways, concrete paths and parking available; including two disabled parking spaces just outside the library. So come on in and explore what we have to offer.

Technology Access

Do you need to check your Emails or book a holiday? Do you need to complete forms for an application or just want to download information on a topic? Maybe just play! Nabiac Library has two public computers that are free to use. Both computers are linked to a combined printer and photocopier. The fees for photocopying and printing are reasonable. Just ask our volunteer staff. We also offer free WIFI access 24/7. Inside and outside!

Biographies

Have you ever explored our Biography section in Nabiac Library? We have some amazing life stories you may be interested in reading. If you are a music fan you may like to read about the stories and lives of Billy Idol, Michael Hutchence, Bruce Springsteen or Elton John. Maybe you would like to read "A Song for You" - My Life with Whitney Houston by Robyn Crawford.

There is also a book by Ike Bain about Dick Smith; Australian adventurer, entrepreneur and philanthropist. It is called "The Dick Smith Way". He is an amazing man who has given much to Australia as he enjoys his adventures across the world!

Maybe you're a fan of the TV Show "Call the Midwife" and would enjoy Jennifer Worth's book of the same name depicting the 'True Story of the East End in the 1950'.

What about those Bronte sisters?? This is a wild card as it would be very few people who would remember the Bronte sisters, least of all that there were three. They were Charlotte, Emily and Anne and were famous for their classic 19th century novels, including 'Jane Eyre' by Charlotte; 'Wuthering Heights' by Emily and 'Agnes Grey' by Anne. Read and find out more!



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Last, but not least! Before all the rain and floods over the last few years, we experienced some of the most devastating bushfires our Australian eastern coast has ever seen. They ranged and raged from north to south in 2019, but maybe most devastating was the south coast of NSW. This personal story by Bronwyn Adcock (a journalist) gives a first person account of the NSW south coast Currowan fire. It is called "Currowan" and it is an insightful but somewhat disturbing read on how the fires impacted that area. We can only hope we learn from these climatic events and make better decisions for our future.

True Crime

They say that "Truth is stranger than fiction". If you are a fan of Crime Fiction you may like to check out the "True Crime" section of our Library. You may be surprised at the selection of books that investigate 'cold case' crimes in Australia dating back to the Depression years right up to Gary Jubelin describing his years as a homicide detective investigating the mysteries of the Bowraville children and William Tyrell in his book "I Catch Killers: the life and many deaths of a homicide detective." Come in and peruse this small but illuminating section of our Library giving us an insight into True Crime in Australia across the decades.

Authors by another name:

- Do you have a favourite author? Do they also write under a pseudonym or another name? Nora Roberts (born Eleanor Marie Robertson) has a wealth of romance, suspense and fantasy novels that span countries and decades. She also writes under the name of JD Robb featuring the characters of Eve Dallas and Rourke in her futuristic series titled 'Death In.....'.
- What about JK Rowling, who is the well known author of the Harry Potter series of books? Her real name is Joanne Kathleen Rowling. However, she chose to write under the pseudonym JK Rowling in the hope that her Harry Potter books would also attract male readers. She has also written a series of Crime Fiction novels called the Cormoran Strike series under the name of Robert Galbraith. Interesting? Might be worth checking out!
- Stephen King decided to also write books under the name Richard Bachman when his publishers told him they couldn't sell more than one Stephen King book a year.
- Jayne Anne Krentz writes contemporary romantic suspense, but uses the name Amanda Quick for her historical romance - suspense novels and uses the name Jayne Castle when penning paranormal romantic suspense.
- Emily Rodda is a well-known Australian children's author, best known for her Deltora Quest series, the Rowan of Rin series and the Rondo trilogy. These books are a great read, even for adults; particularly the Rondo trilogy. However, she also writes adult crime fiction using her real name Jennifer Rowe.

To finish we bring a blast from the past! This one is interesting and it links back to our earlier biographies. Who would have thought?

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Currer, Ellis, & Acton Bell: Real Names: Charlotte, Emily, & Anne Brontë

In 19th-century England, women were not permitted to publish poetry, so the Brontë sisters created the pen names of Currer, Ellis, and Acton Bell. Each male pseudonym matched the corresponding sisters' names, helping them publish their first anthology of poetry in 1846. Initially, Emily's *Wuthering Heights* and Charlotte's *Jane Eyre* were both published under their male names. It wasn't until the Brontë sisters travelled to London to meet their publisher in person were their true identities revealed and, fortunately, they were given the credit they deserved.

There are many other authors who write under a pseudonym or a variety of other names. Maybe you can tell us of your discoveries. We would love to hear from you. Just pop into Nabiac Library, located in the Showground at Nabiac and tell us your findings.

Nabiac Library Opening Hours: Find us at 44 Nabiac Street in the Showground.

Monday: 3-5pm
Tuesday: 3-5 pm
Thursday: 9-11am
Saturday: 10-12am

Please note: We will be closed on Monday 13th June for the Long Weekend.

We look forward to seeing you and sharing your love of books, movies and research; and also your friendship. Enjoy the sunshine whilst it lasts.

Ciao and Adios from Nabiac Library.

KRAMBACH HALL COUNTRY AND WESTERN DAY RESULTS

On Sunday 29th May Krambach Hall was filled with followers of Country and Western music. It is called a "walk up" concert where singers and instrumentalists take it in turn to come on stage and perform. There is a great backup band on stage to complete the performance.

Everyone seemed to have had a wonderful time listening, singing and dancing. There was a giant raffle and door prize and all monies go towards the upkeep of the Hall.

If you would like to attend one of these days the next one is the **last Sunday in August (28th) starting at 10.00 am**

Hope to see you there. More details closer to the date.

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Show News

Just a short article this month as some of us have still been recovering, or getting to some things we'd put on hold, to focus on delivering the Show.

This on-going weather still has many events in its sights. Comboyne and Gloucester Shows had to be moved to later in the year. Two Nabiac Farmers' Markets were a wash out. And only this week we've been advised that the St. Heliers Heavy Horse Field Day planned for Nabiac Showground on the June long weekend has had to cancel due to the waterlogged ring and the Scottish Festival in Wingham cancelled for the same reasons.

Our volunteer driven events are being challenged on all fronts. This does not mean our groups give in, we just get more determined to deliver the best experience and entertainments we can to, for, within and by our communities.

With every passing year the requirements to deliver public events gets harder and more detailed. A vast range of human skills, knowledge and abilities need to work together to deliver what has been enjoyed before or something event better.

Community events require community involvement. If you are interested, willing and able to assist the Show or any of the other wonderful volunteer organisations delivering in our Wallamba Region, please make contact. Come and experience the satisfaction of being part of a local team working towards supporting community cohesion and building on long standing history.

Feel free to contact me directly.

For your diaries – our next Show date is Saturday 11th March, 2023.

Sally Henderson

Secretary - Phone: 0420 93 74 63

E-mail: secretary_wdah@outlook.com

Information: www.nabiac.com/show

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Nabiac Memorial Neighbourhood Centre Association

All those who voted at Nabiac on 21st May would have noticed the muddy, slippery conditions that quickly developed on the grassed access area. This area has long been a challenge for those who have difficulty with balance and for using prams, walkers and wheelchairs.

Our School and School Hall are vital resources in Nabiac. We need a footpath on the School side of the street so that everyone can safely access the School and Hall.



The Nabiac Skate Park is also boggy and muddy. It's now become an underused facility that had been much wanted and hard fought for by the late *Joanne Banning* and others. In drier weather it's popular with young skaters. Nabiac Preschool have allocated considerable funds for young people to paint murals at the Skatepark but they can't access the area due to swampy, smelly mud.

There is a way forward - MidCoast Council has a Pedestrian Access and Mobility Plan which includes pathways for Nabiac. **When Council holds the next Community Conversation in relation to outdoor spaces, please join in to plan for improved safety and access in Hoskins Street and to plan for improved access at the Skatepark.**

Louise Collins, secretarynmnca@gmail.com



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NEWS FROM BUNYAH

Surviving lockdowns and not being able to utilise our Hall to its capacity, it has been a joy to have had two weddings booked within a month of each other, one in April and another in May

The upgrade to our Hall by Midcoast Council is nearing completion with improved lighting, Power Box upgrade, Generator, Concrete path on the eastern side which includes a safer step on the kitchen stairs, removal of mould from the ceilings caused by the constant rain & COVID lockdowns resulting in non use of the Hall. Painting of the Hall and deck railings, plus rectification of the Front door to eliminate the penetration of rain under the door, will complete this works programme.

Our hall is a designated Evacuation Centre in Emergencies hence this upgrade work

Invitation Flyers have been distributed to new & existing residents of Bulby Brush and Bunyah for a "Meet and Mingle" Brunch, BBQ on Sunday 12th June, 2022 of the long weekend. Looking forward to meeting our new neighbours and seeing our existing ones! Any enquiries please call **Maureen Ralph** our Hall Secretary on 0408 463 944

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Krambach Garden Lovers News



Last Monday (30th May) we met at the home of *Pam* and *Jim* at Failford and I must say that it was beautiful.

They concentrate more on trees and shrubs and it was a wonderful display of different colours of greens, reds and browns and many shades of same.

It was lovely for all of us to be able to meet and greet in a garden once more as it seems ages since we have been able to do this.

If you would like to join our Garden Club you would be most welcomed and meet lots of happy gardeners (when it isn't raining).

We meet the last Monday of the month and you can ring for details - 6559 1375

Until then - happy gardening

Judi

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MINIMBAH MATTERS

Minimbah Rural Fire Brigade may be soggy and muddy like most others in the District, but we are still working towards a busy Bush Fire Danger Period starting at the beginning of September. All the rain over the warmer months has led to a bumper crop of grass and undergrowth, none of which is in fear of being slashed or cleared because the ground is far too wet to venture onto it with any machinery. The ground is absolutely saturated and we are still getting the rain but no warmth to go with it, so, soggy and sodden it remains.



Therefore, what we can do is

Live Bush Fire Ready.

At a Brigade level this means training: Two of our Members have just completed their Advanced Firefighter course and our newest Member is well under way with her Bush Firefighter course. It also means keeping our firefighting equipment and personal protective equipment (PPE) in good working order.

At a New South Wales Rural Fire Service (NSW RFS) level, it's about enabling us to achieve both.

One of the Commissioner's priorities is to equip our Members with better respiratory PPE for use during firefighting – appropriate respiratory protection equipment that is evidence-based, fit-for-purpose and supported by research.

Following testing and evaluation by NSW RFS Members and an open market tender process, new respiratory options for all firefighting appliances across the state have been rolled out. This project has been partly funded by the Brigades Donations Fund – money donated by our grateful communities.

Minimbah Brigade has received our issue of both half-face and full-face reusable respirators with canisters, and made ourselves familiar with them at our last meeting. These respirators provide the required level of protection for bush firefighting, and the ABEK P3 canister was selected as it provides protection from hazards found in bush fires, structure fires and car fires.

An interesting incident at a local service station during May gives some insight into the many and varied types of call-outs the RFS Brigades attend. A customer mistakenly filled their 4x4 fuel tank with petrol rather than diesel. Ramifications not good. While trying to rectify the mistake without causing too much damage to the vehicle, fuel was spilled – lots of fuel was spilled! Safety protocols meant the service station was closed down during a very busy truck stopping time, the contaminated area was attended to by two Brigades and a Group Officer, and we all lived happily ever after.

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Established 1993

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9am to 12noon

(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

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News from Nabiac Second Chance Op Shop

Closed Wednesday 1st June

A very big thankyou to all the volunteers who work very hard in the Op Shop and Shed sorting donations and keeping our shop and shed looking clean and tidy, you are amazing and all very much appreciated.

We celebrated National Volunteers week 16th May to 21st May 2022. We celebrated by having yummy morning teas each day for the week. Some of us are seriously dieting this week. Ha Ha!

The Op Shop had another good month for sales and donations for May, 2022. A big thankyou from all the volunteers for your ongoing support and generosity. Without your donations we wouldn't have our lovely Op Shop.

The projects we fund is 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 and surrounding areas.

As you will be aware light, thin plastic bags will be phased out as of 1st June, 2022. Our \$10.00 bag of clothing sale will not be effected by this change. Your purchases will be measured in the correct bag for now then transferred into your own shopping bag. If this date should change it would be a great opportunity to start getting used to bringing your own bag when shopping at the Op Shop and Shed.

A big thankyou to *Maz Delamotte* for her generosity by offering, once again, to donate the correct bags to use and is very much appreciated. The bags are approved and reusable so they can be used for all your shopping needs. The bags are more expensive so by bringing your own bag, the donated bags will go further. The delivery date for the bags is uncertain at the moment and Maz is working her magic to get them to us a.s.a.p. so in the meantime please bring a bag with you.

Donations:

Please be mindful when donating. Only clean clothing and linen, bedding and towels can be sold. Please check your donations before dropping off as with all the mould and moisture around at the moment we are unable to sell mouldy or smelly items; for example shoes, bags, jackets and clothing. Also please check books, DVD's and CD's as we have found that they have been causing mould as well. It's amazing how fast the mould spreads to other items. We clean what we can but it only takes a small amount to be missed and it spreads through everything. It's also very unhealthy for the volunteers to be inhaling any mould particles. We do our best to keep the Op Shop and Shed free from mould and damp, so please help by not donating goods with mould. Your co-operation is greatly appreciate.

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

A reminder we are **unable to accept and sell** toys, bikes or helmets, no baby furniture, bed and mattresses, all electrical or mechanical. If you are unsure what can be accepted there is a list on the donation bin

or just ask one of our volunteers.

We are in need of clean towels, sheets and blankets to sell. Also if you have any old linens that are not suitable to be sold they will be perfect for making rags. All these items would be received with great appreciation.

Thankyou in advance for your co-operation and understanding.

Shop:

Winter is upon us so if you need a jacket you'll find we have put out all our winter jackets. Lots of different styles, so if you need a jacket you will find the right one at the Op Shop.

We have been busy replenishing our stock with stored winter clothing as well as donated clothing. By doing this there is always plenty to go through.

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

Winter and Summer stock is available for Ladies, Men and Kids.

Shed:

There is a large variety of CD's, DVD's, pet bedding, books galore and some really lovely crockery, drinking glasses and cups, furniture and lots more.

VOLUNTEERS NEEDED. Ladies and Men.

There are always positions available in the Op Shop and Shed so come on guys and gals we need volunteers.

Especially at the moment we are looking for a guy or a gal to help on a Wednesday morning in the Shed. It's only 3-4 hours and your help would greatly appreciated.

If you have a spare few hours during the week from 9.00am to 12.00 Monday to Saturday and would like to help raise funds for our great community and have a fun time doing so please come in on a Tuesday or Wednesday and ask for Kathryn.

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

Op Shop and Shed will be closed Monday 13th June 2022 for the Queen's Birthday Public Holiday.

Keep warm and dry. Don't forget to your bags.
Kind Regards

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

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WALLAMBA CWA REPORT

Wallamba CWA almost had a full complement of members for their May, 2022 meeting which was held at the usual venue and all were welcomed by President *Margaret Weller* who declared the meeting opened at 10.00am.

Fourteen members were present with 3 members sending apologies.

Following the opening formalities the members paused to remember the passing of *Penny Britton's* partner John Baker's mother and local resident James (Jim) Denley and UK TV actor Dennis Waterman and the people killed during the on going conflict in Ukraine.

Pam Muxlow brought along the thought for this month's meeting and it was very fitting during the current World conflicts and it was **"When the power of love overcomes the love of power, the World will know PEACE"**. A quote from the late Mahatma Gandhi.

There was a change to the minutes relating to the size of the measurement for the squares needed to make up rugs for the flood victims of Lismore and the North Coast. I got my inches and millimetres muddled up – they are to be **6 inches** square and not 10 inches square.

There were only a couple of items of correspondence and one was advising the Branch of the Liquor Licence application from the Nabiac FoodWorks business. The ladies discussed the issue and decided the branch wouldn't take any action on it leaving it up to the individual members if they wished to.

Planning has begun the 2023 State Conference re travelling by coach with bookings being taken for the Conference in Bathurst from 6th May – 13th May 2023. Already a couple of our ladies have added their names to the list for coach travel.

At the date of the meeting the Branch hadn't received any correspondence from Midcoast Council regarding their offer of placing a plaque on table/seat in the "Town Creek" upgrade.

Our Treasurer *Jenny* had attended the recent Treasurer's Workshop at Lake Cathie and said it was very informative and clarified a number of points – Jenny only took on the Job at last year's AGM so is still in the early learning process with the way CWA likes it done.

Jenny will attend to the purchase of name badges for recent members and added that we have been set up with Regional Bank's Community Partnership Program.

Unfortunately Penny didn't make it to State Conference as our Branch International Officer but was able to view it via Zoom and told us that the 2023 Country of Study is to be **LATVIA** – which is located in the Baltic Sea region and it's capital is RIGA. It has a population of 2 million people and its flag is red and white. It is only small by comparison to some surrounding countries but will be very interesting to study.

Handicraft officer *Merle Barber*, along with fellow Wallamba member *Fay Anderson*, had attended the State Conference and thoroughly enjoyed the event and we were informed that the Mid North Coast Group, of which Wallamba is part of, finished 9th in the State Handicraft Competition. Merle showed us some of the CWA Centenary items as it was 100yrs since the organization was formed in

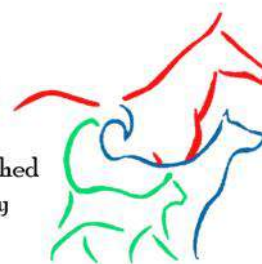
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NSW and included a satchel for her papers, teaspoons and wooden spoons and the 100yrs Book on CWA and a number of postcards which showed the CWA ladies attending the first Annual Conference in 1923.



Placemat from the Centenary Conference

Ag & Environment Officer *Coral* had been very busy researching our Fauna project which this year is Banksia and informed us there are 173 species of Banksia, all but 1 is Australian, and they were all named after Sir Joseph Banks. Coral's report on the subject was very comprehensive and gave us a lot of unknown facts about the species.

The Cookery report was presented by member *Beth* and sadly had to report that our member *Jean* was unsuccessful with her date roll and scones at the State Cookery Competition but well done on have a go. *Jenny*, who had delivered them to the conference, said they looked lovely and yummy. The new cooking schedule will be released in the June "Country Woman" journal.

Our Cultural segment was presented by Penny and she spoke on a number of the motions that came up at the State Conference and these included the changing of the CWA Motto to bring it in line with changing attitudes, religion, etc. The Uluru Statement was withdrawn and will be brought up again at the 2023 Conference.

Penny and Jenny gave a comprehensive report of the conference which attracted 700 delegates – Unfortunately our 2nd delegate *Fay Anderson* wasn't able to attend the May meeting today as she had come down with Covid 19 which had struck a number of the Mid North Coast delegates and observers – get well wishes go out to all the ladies and hope they will soon be well again.

Jenny said the speakers, who included Lane Beachley, Margaret Beasley, wife of the State Governor and Shane Fitzgibbons were excellent.

The new State President to be elected was Mrs Joy Beams who has been a member in the Hunter Region for many years and held various positions at State Level.

Members then spoke of their happenings since the last meeting before it was closed at 12 noon with members buying tickets in the MNC Raffle over lunch.

The next meeting of the Branch will be held on Tuesday 14th June commencing at

10 o'clock at the usual venue. New members are most welcome to come along.

Pam Muxlow

Publicity Officer

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Nabiac Landcare



The Nabiac Landcare team has moved back to the Lilypilly Bend reserve to conduct follow-up weeding. Unfortunately, the weeds haven't drowned with all the rain and are growing well. The edges of the reserve are, as usual, the weediest thanks to birds and wind moving the seeds and a few uncaring people who have dumped their garden rubbish.

We are continuing primary weeding of larger weeds in the area between the ends of Cowper and Stuart Streets. Don't be surprised if the area looks a bit shell-shocked, it will improve.

The Landcare sponsored walk through the Wharf and Lilypilly Bend Reserves on 4th May was well attended. It was great for the Nabiac Landcare team to be able to show what we've accomplished and to have it recognized by the presenters. Weed removal techniques were demonstrated, some weeds were pulled, plants identified and a few lovely little greenhood orchids were observed.

Weed-wise nothing really exciting is happening, no nasty new weeds, just working on the usual suspects.

- Cassia has had an unusually long flowering season and is setting lots of seeds. If you want to keep cassia in your garden now is the time to prune it and dispose of the seeds responsibly.
- Mother of millions is just starting to flower, put it on your to-do list.
- We still haven't found the parent African Olive in the area. The local weed guys say to widen the search! A reward still applies!

There are a few weeds of note in the wider area:

Tropical Soda Apple (TSA) (*Solanum viaum*) is a notifiable weed under the Biosecurity Act. Midcoast Council, LLS, the DPI and Landcare are all very concerned with its spread. If you haven't heard of TSA and you have more than a town block or spend any time in the bush, look it up at ...[NSW WeedWise](#) Follow the biosecurity regulations if you bring new cattle on to your property. I've been told that cows will risk its many long prickles to wrap their tongues around its sweet, seedy, golf ball sized yellow fruit. They can then deposit the seeds up to a week later in neat, pre-fertilized cow pats. If you read my




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articles, you know the drift—juicy fruit—also spread by birds, foxes, etc. It can also float down creeks during flooding. If you think you've seen TSA look it up! If you're not sure, contact the local weeds biosecurity team on 7955 7777.

A new weed in the local area for the gardeners is called **Plume Poppy (*Bocconia frutescens*)**. This garden escapee showed up in the Rainbow Flat area after the bush fires and has spread rapidly. *Bocconia* is fast growing and has attractive large leaves. It's hard to kill, sets lots of seeds that are attractive to birds and it rapidly colonizes open and disturbed areas. It took the weed team a bit of detective work to find out what it was but alarm bells went off when it was identified. It is a serious invasive weed in parts of the Hawaiian Islands.



Hawaii Invasive Species Council | Plume Poppy

There is another Plume Poppy on plant nursery lists so it is essential to check the botanical name. Its spread in the local area highlights the danger of introducing plants to a new climatic zone. If you think you've seen this Plume Poppy, contact the local weeds biosecurity team on 7955 7777.

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.

Liz Rees 6554 3196

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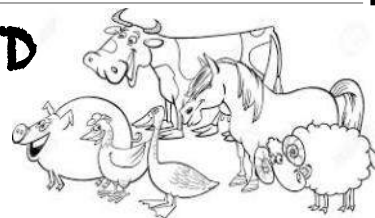
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Potatoes are from the same family of plants as deadly nightshade. If the potato were to be discovered now it would probably not be approved as a food



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- *Garden art *dog treats *seedlings *jewellery *skin care
- *Sourdough bread & pastries *market BBQ *food
- *Live music *coffee



Market News:

Crossing our fingers clearly worked! Since the last market was bathed in Autumn sunshine. The April market was a huge success. Perfect weather, wonderful range of produce, wares, plants & food

- *We are seeking more fresh produce stallholders. Spare patch of land? Surplus produce? How could this work for you? Maybe team up with a buddy? ...see contact details below for enquiries.
- *We continue the journey toward less plastic.
- *The dedicated committee are proud to continue hosting our wonderful market, founded by Helen Smith in 2003. The market supports the stallholders, the environment, the local economy, tourism, and our community spirit.

Come along and enjoy shopping for the wide range of produce, hand-created wares, plants, and culinary fare. Sip fab coffee from 2 amazing baristas, browse, shop, connect and be inspired. Thank you

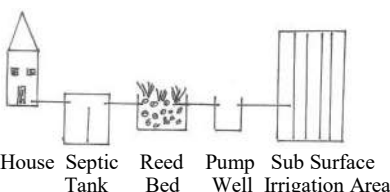
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all for continued passion and support.

Stallholder feature: Ebsworth Pots

I love hand-made pottery and how the pieces are made. There is something about shaping beautiful pieces from the earth, the connection with nature and the life of our ancestral past. Whether practical or creative (or both!), the uniqueness of each piece, shaped by hand, always draws me in.

Nabiac Farmers' Market is a proud host to several ceramic artists. Take some extra time at the next market, to browse and plan gifts and your own wish list. Jewellery pieces, condiment bowls, pooch bowls and unique pieces, such as Trudy's knitting wool vessel, nude vases, and bird feeders. There will be something for everyone, I am sure.

Trudy Ebsworth-Epsie, a potted history in her own words:



"I have been making pots since I left Art College in 1983. My pots and sculptures are mostly hand thrown on the potter's wheel and are inspired by my love of animals and nature.

Living on the Mid North Coast of NSW, I am lucky enough to have lots of inspiration on my doorstep, there is always something new to explore, leading to designs for my pots."

Trudy's work can be found at: The Glasshouse, Port Macquarie, Wauchope Creative Hub, local market, and Nabiac Farmers Market of course! Check out Trudy's website for info, locations and inspiration. www.ebsworthpots.com . Find Ebsworth pots also on FB and Instagram.

Studio viewing by appointment: 0403 233 309.

Applications, email: nfmcoordinator@gmail.com, or, download forms from the website: www.nabiac.com - under "events" and email them though to us. Ph: 0438 012 781.

We regularly post info and updates on Instagram and Facebook. Follow us, stay updated and feel free to share our posts!

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



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Come on you gardening ladies, plant something and see if it works!

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Antioxidants.

We've all heard of antioxidants, right? Have you wondered what they are? Why they are good for us and where to find them?



The scoop. Antioxidants & free radicals: Antioxidants are molecules in our bodies, which protect cells by inhibiting damage from free radicals. Free radicals are atoms, which can cause cell damage, leading to premature ageing and disease. We need a balance of antioxidants and free radicals. Our immune cells use free-radicals to combat pathogens. Damage, such as oxidative stress from excess free radicals, can be caused by toxins,

including pesticides in food, herbicides, fake fragrances in body products, cleaning products and scented candles. Cell damage means less healthy cells to carry nutrients around our body.

A balance of antioxidants helps to reduce inflammation in the body, decreasing the risk of a range of chronic illnesses including dementia, heart disease, arthritis cancer and asthma.



Good News!

Vitamins C, E, and carotenoids are 3 powerful antioxidants which are gained from certain healthy foods. Many of these foods are right under our nose! We just need to reach out and choose them. From our local cafes and grocery stores in NABIAC and our fabulous NABIAC Farmer's Market.

Vitamin C is found in many fruits: Kiwi,

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orange, mandarin, berries, Kakadu plums, finger limes, mangoes, capsicum, tomatoes, raw parsley, kale, and microgreens. Many veggies are rich in vitamin C too, however since they are usually cooked, some of their vitamin C will be depleted. These include a cruciferous veg such as Brussels Sprouts, and potatoes.

Vitamin C is important for collagen production, healthy gums, iron absorption, and immune health. Most of our immune cells are stored along the gut lining, so looking after your gut with healthy foods is also super important!

Vit C is water soluble. It is not stored in the body, and we need some every day.

Vitamin E is important for many roles including heart health, brain, skin & eyes, and key for a strong immune system.

is found in nuts, seeds, and greens such as spinach and beetroot greens. Almonds & sunflower seeds are the richest source. Preferably choose non-GMO-organic, Aussie produce.

Goose meat, octopus, salmon, eggs, and avocados are also good sources. Vitamin E is fat soluble, so is stored in the body.



Carotenoids are a group of antioxidants founds mainly in orange, red and yellow vegetables, egg yolk. There are around 600 carotenoids. Health benefits include reducing risk of certain cancers and maintaining good eye health.

Sources include yams, carrots, capsicum, tomato, mangoes, beetroot, winter squash, pumpkin, dark leafy greens, and pumpkin seeds.

Antioxidant foods:

- * Dark leafy greens: broccoli, kale & spinach & fresh herbs
- * Orange, yellow & red: sweet potato, carrots, pumpkin, orange, strawberry, mango, squash, tomato & capsicum (*nightshades may affect people with inflammatory or allergy issues – more later!)
- * Pink & purple: purple cabbage, berries, beetroot, goji berries
- * Fresh wild-caught fish: salmon, oysters, trout
- * Consume cold extra virgin olive oil, first cold pressed
- * Occasional, good quality dark chocolate
- * Spices & more: Clove, turmeric + black pepper, cinnamon, ginger, garlic

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Eat Well & Be Well everyone, . Laura. xxx 

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REAL KULTCHA

Oh Boy! Where to begin? I feel like a puppy at a kid's birthday party!

'spose I should get rid of the mundane issues first: *The Glorious St George* are sitting (as I type this on Sunday morning) equal 8th. We should be grateful for small mercies though, because we could be *The Bulldogs* who have just had their coach resign (jumped before he was pushed, has been mentioned) but we're still hanging in there. Down south the other half of *The Heavenly Twins* (and may I say) *Guiltless St Kilda* are sitting in 5th spot and that's a very weird position for us in that there are way more teams below us than are above us though we'll get used to it.

I haven't mentioned the Super(?) Rugby for sometime so I did some research and was reminded why: of the 12 teams in the comp (no South African, Argentina or Japanese side because of COVID) and the best we can do is the *ACT Brumbies* in 3rd. *The Reds* (Queensland) are in 5th and *The Waratahs* (NSW) are 7th. Why do they bother?

On a more pleasing note are the Australian Swimming Championships in Adelaide and several names have popped out. "Mollie O" (Mollie O'Callaghan) is someone to watch at the FINA World Championships in Budapest later this year, the Commonwealth Games and the Olympics in Paris in 2024. Zac Stubblety-Cook is another and he set a World Record in Adelaide this week. There are several other swimmers as well who are still young but coming on well.

Now, I don't know if this issue has registered with you or not but if I were to mention "LIV Golf", what would you say? Well, let me bring you up to speed. First off, when you fill your car with petrol, where do you think a good deal of your money goes? It goes to Saudi Arabia, that's where because they've been fortunate enough to find themselves sitting on million upon millions of litres of oil, from which our petrol is made. Now if you keep getting billions of dollars for it what do you do with all that money? Well, the Saudi's have bought all the Rolls Royces, planes and football clubs (yep they own a football club in the UK) and now they're setting up their own golf tour. Of course they want the best players playing in it so they're spreading the money around to get them.

For starters they approached Jack Nicklaus twice with an offer of over \$US100 million to be one of the faces but he turned it down saying he'd been one of those who set up the PGA so he couldn't rat on them.

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They then turned to Greg Norman and he took on the position of CEO and is being paid a ship-load of money. When they heard about it, the PGA said it will ban "for life" any player who switched to the "LIV" but there are questions being raised if they can do that. Oh, LIV? It's the format the players will compete under, a 54-hole event (as opposed to 72) and if you express 54 in Roman numerals, you get LIV.

It is said there were 170 entries for the first event and 19 of those were in the World's top 100. There will be 48 players in the event and those who have signed up are Phil Mickelson, Lee Westwood, Sergio Garcia and Martin Kaymer and who knows, Greg might suit up as well, given it's his tournament and the Brits recently refused him permission to play in the British Open, again. It will be an 8-event tour this year, 10 next year and 14 in 2024. The first match is at the Centurion Golf Club, London in early June and the final (worth \$50 million) will be played at The Donald's Trump National Doran Miami course.

A lot of people are upset over this because: of the way the Saudi's treated (literally carved up) journalist Jamal Khashoggi; Greg Norman's involvement and his description of Jamal's death by his employer Mohammed bin Salman by saying, "Look, we all make mistakes"; the lure of the money; and generally because it upsets the established tour system now in place. Time will tell how it will pan out though there is one thing for sure, the Saudi's do have deep pockets thanks in part to all of us buying their oil!

Have you been watching any of the Indian Premier League on TV? Well, if you haven't you've missed the play of Marcus Stoinis, who was snapped up by the Lucknow Super Giants for a mere \$2 million. He took 3-23 and stopped the Kolkata Knight Riders dead in their tracks from going into the playoffs.

A couple of short items: Ange Postecoglou's soccer team *Celtic* did win the Scottish Premiership beating Motherwell 6-0; we said goodbye to another of our champions in Andrew Symonds, who was killed in a car crash outside Townsville last week; Americans have bet over \$US180 billion on sports in just the last 4 years. Reason - the Supreme Court overturned a Federal law that restricted sports betting to just 4 states; and Tom Brady has just signed a 10 year, \$US375 million contract to be a lead analyst at Fox Sports when he does retire. Now that's what I call a superannuation payout!

Talk at you next month,

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The Wallamba Watershed's History – Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1946 by Bob Mann

WALLAMBA JUNIOR FARMERS SHOW—MARCH, 1946: A very successful show was held at NABIAC on Saturday last by the combined Junior Farmer Clubs of the Wallamba. The day was fine, just light showers falling at the end of the day but this did not interfere with the show. The sum of £22 was taken at the gate and about £100 in all. The stalls brought in £48 and the luncheon booth £22. A donation of two face towels by Mr D. Hancock realised £7.10.00 and a cake by Mrs C. Riley £1.08.00. The exhibits were very fine especially the young stock.

THE WALLAMBA DISTRICT AGRICULTURAL & HORTICULTURAL

ASSOCIATION: At a second meeting of the Association a considerable amount of correspondence was read by the Secretary. 1. From the N.S.W. Council of Agriculture Society re affiliations fees for the current of the War. It was decided to point out that this association had been in recess for five years and to ask that the account be amended accordingly. 2. From Mr Harry Abbot of Dyers Crossing conveying his sincere thanks for the committees letter of sympathy in his illness and good wishes for the success of the forthcoming show. 3. Mr Harry Johns was granted the sole rights to the boxing tend. 4. A number of ladies and gentlemen wrote accepting position as judges in different sections. Any vacancies which exist will, it is hopeful, be filled without delay.

It was decided to apply to the transport board for a special issue of petrol coupons for show purposes. It was decided to offer the publican's booth to Mr Thomas, licensee of the local hotel. The President and Secretary to interview Mr Thomas. A comprehensive and vigorous programme of advertising, both over the air and in the local press, has been drawn up so patrons will be fully informed of special features of the show, the first since the termination of the war.

THE WALLAMBA DISTRICT !A & H ASSOCIATION: At a follow up meeting of the Association held on the 2nd April the following business leading up to the NABIAC Show was discussed. At the opening of the meeting by the Chairman, Mr Robert Milliken, it was explained that the meeting would be the last committee meeting before the annual show and it was desired to finalise the plans that evening if possible. Inward correspondence included the following. From Mr T. Cornell advising that Mr Arthur Tate of Gloucester had donated a set of stock draft horse shoes to the winner of the champion stock draft. From Mr



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R.H Thomas re publicans booth. Owing to the strike supplies of beer were unprocureable at present. If the position changes in the interval it may be possible to carry on the publican's booth. From NABIAC Talkies asking permission to erect a small shed to house their reserve power plant and offering to supply the committee with current for the lighting of the hall if the present supply should be interrupted at any time. Permission to erect the shed was granted and the Secretary was directed to convey the thanks of the committee for the offer of the current. From the Liquid Fuel Board intimating that 100 gallons of petrol had been granted to the Association for use on show purposes. From Sir Earle Page accepting the Associations invitation to open the show. Particulars of the function will be announced later through the press. From the Deputy Director of Rationing granting 50 lbs of sugar and six pounds of tea for use in the luncheon rooms. A request for butter was refused. From the Hon Treasurer Mr R.W. McEwan tendering his resignation from the Office. The Secretary was instructed to forward Mr McEwan a letter thanking him for the committee's appreciation for the work he has done for the Association and to congratulate him on his promotion in the bank service. Subsequently Mr P. Brown, accountant at the local E.S. & A Bank, was appointed to succeed Mr McEwan in the office of honorary treasurer. The sub committee of the show recommended adding a novice stock draft in the programme in response to a unanimous request from the competitors. The recommendation was adopted and in response to an appeal by Mr Horace Dear the prize money for the event was subscribed in the hall Details for information of competitions will be announced later. Incidentally the committee has secured an example yarding of steers for both days. The following were appointed to act as Ring Protest Sub-Committee. Messrs R. Milliken, J. Nixon, G. Nixon, J. Milliken and P. McKeogh. Messrs J.W. Greaves and Sons, local butchers, will supply the fat bullock for the weight guessing competition which will be under the control of Mr Vince Greaves. Particulars of Mr J. Paterson's special prize of £3.03.00 will be announced later. The recent rains have caused much damage to the roads in the locality and it was decided to ask the Manning Shire Council to offer some relief before the show. Also to ask for the release of galvanised plain and barbed wire for repairing flood damage to fences. A working bee will be held on Thursday 11th inst. Buses will run from the principal centres and particulars of times and roads will be announced through the press.


Announcements for the Grand Ball on the second night have been finalised and devotees can look forward to an event that promises to be the best ever in a long list of nights of good fellowship and good company.

The committee for the show was made up of the following enthusiastic members - Messrs. J.L. Gorton, J. Nixon, J. Breckenridge, E. McMaster, T. Pelley, G. Weller, J. Hoy, J. Milliken, H. Bryan, G. Nixon, A. Everingham, J. Fenning, H. Deer, H. Croker and M. Holstein.



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Winter Feeding Tips

As the season changes and the temperature begins to dip, many horses tend to drop weight. This winter weight loss comes down to two primary factors. Firstly, horses use more energy (burn more calories) in winter keeping themselves warm; Secondly, pasture quality and grass growth drops, which often means the grazing horse will not meet its daily roughage requirements.

With these factors in mind, there are a few simple diet adjustments that can be made to help your horse maintain optimum body condition during winter.

Preparation is key

Preparing yourself and your horse for the winter season is essential. For horses who struggle to maintain weight during winter, it's best to prepare them for this period during autumn. Throughout autumn gradually increase their feed intake until you reach the ideal winter-feeding amount. Doing this in autumn will help put extra weight on your horse before the winter period. Strive to keep your horse in a good body condition prior to the winter months as the extra body fat provides an additional insulating effect and will serve as an energy reserve.

The Autumn period is also a good time for horse owners to prepare for winter feeding, often hay prices increase during winter due to supply and demand strains. If you're able to buy in bulk and store, this is now the time to do so, to save yourself money and be prepared for winter. Having a clear winter feeding plan prepped before winter will come in very handy too – so get yours together now!

Top tips for winter feeding

There is no one winter diet that is better than the rest, however there are some very simple feeding principles to follow to help your horse maintain weight during winter. These are our top tips!

Roughage, roughage & more roughage!

Roughage is the most important component of a horse's diet. Often owners want to increase hard feeds during winter, however increasing hay will benefit the horse more.

The fibre in hay and other forages (pasture/ chaff/super fibres) is digested in your horse's hindgut via the process of bacterial fermentation. A by-product of this fermentation process is heat! By feeding extra forage you are topping up the calories (energy) your horse is burning to stay warm in winter, whilst also giving your horse's

gut bacteria more fibre to ferment, which means they will generate more heat to help to keep warm.

Super fibre sources

This may sound like repetition, but fibre is your friend when it comes to keeping your horse warm from the inside out. Highly digestible super fibres, from soybean hulls and sugar beet-pulp are great, healthy filler feeds that add extra condition to the horse, whilst keeping the gut happy. Super fibre feeds include Benchmark Feed's Perfect Mash and Super Fibre Mash, Speedibeet and Maxisoy. Try adding one of these to your horse's diet during winter to help increase their fibre intake whilst also helping keep them feeling fuller for longer.

Add starch (safely)

The carbohydrates (starch and sugars) in grain feeds increase energy density in the diet and therefore contribute to weight gain. Grains are a great feed source for horses when fed properly. When feeding grains, it's always best to use micronized or extruded grain feeds, as they have a higher digestibility, allowing more nutrients to be absorbed, whilst also being kinder on the digestive system, which will help reduce the risk of grain caused gastric ulcers. Our top winter picks for grain-based feeds are Hygain TruCare, Mitavite Cool Vitality and Pryde's EasiConditioner.

When adding grain to the diet always remember to keep your horse's meal balanced. Stick to the ration of 30:70 grain to roughage and do not feed more than 2kgs of grain in a single feed. It should be noted that some horses can become more reactive on grain-based feeds, if this is the case for your horse, there are grain free feed options that may be more suitable for your horse, such as Pryde's EasiSport, Benchmark CoolAZ, and Johnson's Alfalfa Pellets.

Add some fat!

Adding oil to your horse's diet is a great way to safely increase the energy density of the diet. Oil has approximately 2.5 times more calories than grain on an equal weight basis. When adding oil to a feed you will find less grain is required for weight gain. Oil is a slow-release energy, which means this energy source will not heat your horse up like some grain feeds can. Oils also have the added benefit of improving coat condition and shine. There are many different oils you can feed horses, including canola, rice bran, linseed, and fish oil. Linseed oils, such as Oi Raw Linseed Oil and Cen Oil are popular choices because these oils are higher in Omega 3 than other oils and have the Omega 3 to 6 ration closest to that of fresh pasture.



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Winter is often a difficult and expensive season for horse owners but using these principles of winter feeding will help your horse maintain condition in winter. It is important with feeding horses to not over complicate your feed and stick to one complete feed to keep it balanced and remember to feed small meals often.

If you're having difficulty getting weight on your horse there could be an underlying issue, such as dental, parasitic, gastric ulcers, disease or illness, stress, or too little feed. Keep your horse's worming, medical and dental up to date and in most cases, unless there is a reason to limit your horse's feed intake (e.g., a metabolic syndrome), feed your horse at least 1.5% of their body weight per day.

Some of our recommended products including Speedibeet, Perfect Mash, EasiConditioner, iO Linseed Oil, and CEN Oil. If you need help formulating a diet for your horse, get in touch with the team at Mustang & Co.



Some Funnies

Never Lose Your Grandson

My small grandson got lost at the shopping mall.... He approached a uniformed security guard and said "I've lost my grandpa!"

The guard asked, "What's his name?"

"Grandpa"

The guard smiled, then asked, "What's he like?"

The little tyke hesitated for a moment then replied, "Crown Royal whiskey and women with big boobs."

Out of the mouths of babes! Be careful what you say in front of them!

Putin and the Clairvoyant

Putin visits a clairvoyant and asks if she can see what's going to happen in the near future.

She says "I can see you drive in a big limousine through a large crowd, the people are happy, laugh and jump for joy, all have cuddles and big smiles on their faces."

Putin asks "Am I waving back to them?"

"No" she says "the coffin is closed".

What's the difference between a hippo and a zippo?

One is really heavy and the other is a little lighter.

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It's been 5 years since Krambach Golf Club closed, but these ladies have been keeping in touch.

It's taken 2 years to get together this time due to Covid, but we finally made it.

Thanks Kay for hosting the day. We had lots of fun, memories and laughter about our golf exploits. Well done girls for travelling long distances to be part of the fun.



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Our local **Grey Ghost** have been on a couple of little “outings” again.

Have been away a bit, but not enough.

Was fortunate to attend the Northern inland town of Tenterfield's "Oracles of the Bush" annual festival of bush poetry and tall story telling. This event, held at autumn every year against a backdrop of changing colours and falling leaves, is always well attended and this year was no exception. Our group of 5 couples camped at the Show-ground (with many others). All went well until the last night when several had to vacate lower areas due to local flooding. Bit of a scatter with several of the crew in various stages of undress whilst removing the vehicles and vans.

Some very inspirational and very talented performers including a Gloucester local, *Clare Reynolds*, who managed to be amongst the 5 finalists on the night. Want to have a go? Sure, anyone can do a stand-up performance.

Well worth the trip. Thanks Tenterfield.

And it is amazing what one can find in country towns. The attractions organised for us were first class and extensive.

One such eye opener is "Hillier by Design", a custom body building company, of perhaps three in Australia, of hearses and limos. On a tour through the factory, we were amazed to find a new Benz which had had 1mtr added in the middle making it a 6 door limo. The quality of work was outstanding. Adjacent was a Chrysler 300 getting the same treatment. Several of these have been created and must meet Australian Design Rules (ADR's). The company has just completed a government contract of 80 Hi Ace vans converted to body pick up vehicles. Covid wasn't gloom for everyone evidently.

Check out their site; a 2 door Falcon they created is something else.

Have just completed a 6 day classic car run with Taree Historic Car Club. This yearly event usually gathers about 40 people and 20+ cars of various makes, models and condition. This year we visited the Upper Hunter, renowned for wineries, horse studs and yes, coal mines. Attended a very unbiased and informative lecture on the coal industry. This was eye watering. Whatever your views on this industry, evidently the NSW budget receives at least 30% of it's funding from here in one form or another so without this we would be in parlous state. Not my job to be a judge here.

The largest horse studs in Australia are here and the largest by far is owned by the Sheik who controls Dubai and among other things, Emirates Airlines. This is a huge industry with some very valuable animals at stud who live in eye watering luxury. The Sheik owns several throughout the world but has never visited Australia. He does however, have a very large and dedicated staff here who are very proud and protective of their charges. The mechanics of the breeding process was well explained with several guffaws and sniggers from

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those assembled.

All services, goods and contracting are provided by local companies, no questions asked which was a pleasing revelation.

Our tour included overnights at Singleton, Denman and Kurri Kurri, not places that spring to mind as ideal stop overs, however, enjoyed every moment here. A good trip and only two small breakdowns to attend to which was a pleasing outcome.

Lyn's Larder

This is a favourite of my friend's and so easy to make. (a Margaret Fulton recipe) *Perfect in this cold and windy weather to warm the gut!*

DIXIE STEAK CASSEROLE

INGREDIENTS

- | | |
|---------|---|
| 750g | Blade steak, cut into 2.5 cm cubes |
| ½ tsp | Curry powder |
| 1 ½ tsp | Sugar |
| 1 tbsp | Flour |
| 1 | Onion, sliced |
| 1 | Green or red pepper, cored, seeded and sliced |
| 250ml | Red wine |
| 250ml | Water |
| | Salt |
| | Freshly ground black pepper |

METHOD

Place steak cubes in a casserole.
 Combine curry powder, sugar, flour, salt and pepper and sprinkle over meat.
 Cover with sliced onion and pepper; mix wine and water and pour over.
 Cook in a preheated moderately hot oven (190°C) for 1 ½ hours or until meat is tender.

(Recipe doesn't say to cover it but my friend does. You could try both ways to see if the liquid evaporates too much or dries out if uncovered)

Try it with mixed coloured capsicum (peppers) to make a brighter looking meal and serve with mashed potatoes or rice to sop up the gravy and greens of choice.

Serves 4 average meals.

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Dr. David GILLESPIE MP

FEDERAL MEMBER FOR LYNE

GETTING IT DONE *for Lyne*

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



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

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

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

and transformative service, nurturing generations of local families."

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

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

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

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

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

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

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



Dr. David GILLESPIE MP

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FREE FLU SHOTS FOR MYALL LAKES COMMUNITY IN JUNE

Myall Lakes residents are encouraged to roll up their sleeves from June 1st and get a free flu shot in an effort to combat this year's expected severe influenza season.

With a sharp increase in flu cases already, the NSW Government will fund flu vaccinations at GPs and pharmacies until June 30th.

Member for Myall Lakes, Stephen Bromhead said ensuring everyone over six months of age in your family is protected ahead of the winter flu season will be crucial, as experts warn of a severe influenza season.

'LAB TESTED' PROGRAM TO BE UNLEASHED AT TAREE COURTHOUSE

A therapy dog program that provides comfort and support to court users is coming to Taree Courthouse.

Member for Myall Lakes Stephen Bromhead said the Canine Court Companion Program (CCCP) will commence in Taree on Wednesday, 8th June, 2022 after successfully running in 10 other courthouses across regional and metropolitan NSW.

Mr Bromhead said the therapy dogs and their volunteer handlers will be on duty in the court's public waiting areas, bringing comfort to court users who are often experiencing some of the worst days of their lives.

LIGHTWEIGHT PLASTIC BAGS BANNED FROM 1st JUNE

The ban on lightweight plastic bags will officially come into force in the Myall Lakes from 1st June, in line with the first stage of the NSW Government's single-use plastics ban.

Member for Myall Lakes, Stephen Bromhead said the ban will help to prevent almost 2.7 billion items of plastic litter from entering the environment in NSW over the next 20 years.

From November the NSW Government is banning:

Single-use plastic straws, stirrers, cutlery, plates, bowls and cotton buds, expanded polystyrene food ware and cups

Rinse-off personal care products containing plastic microbeads.

The NRA is running a retailer education campaign, conducting store visits, and providing online webinars and resources to help businesses make the transition away from problematic single-use plastics.



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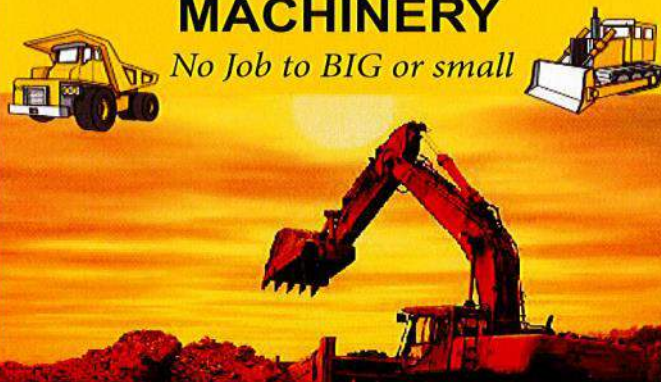
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council

SNOW SAFETY WARNING FOR BARRINGTON TOPS – NO ACCESS FROM GLOUCESTER

Authorities have issued a safety reminder to visitors ahead of Tuesday 31st May weather forecast for possible snow and strong winds across the Barrington Tops. Access to the Barrington Tops is currently CLOSED from Gloucester. There is an unstable section of road in Barrington Tops State Forest, damaged during the March, 2021 rain event.

The Archibald Prize, will be on exhibition at the Manning Regional Art Gallery from July 8th to August 21st as part of the tour throughout New South Wales and Victoria.

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Welcome to Deb's Gardening,



This past month I have been brutal! Have you ever bought a plant home from the nursery, because you liked the look and description of the plant on the label and you thought that it would be perfect for the space that you had in mind? I planted this shrub, now for the life of me I can't remember its name but I think it was from the verbenaceae family. One of my defects- I have good intentions of learning the name of the plants, keeping the label and studying it but the plant gets planted and my good intentions go out the window, you think after planting so many plants in the few years that I have started my garden, I would of learnt. I am getting better, I have been keeping the labels but that's it. I remember that the description said that this plant is a shrub about 1.5m in height has white flowers with red berries that follow, sounds nice I thought. Well the plant took off, it flowered and I thought that's it, that's the flower, very insignificant, a bit disappointed but I let it do its thing. Well I had enough of that plant, it was sending out runners and starting to take over. It was supposed to be a small shrub. It's now cut down and on the compost heap. I found that some labels are misleading and don't tell you that the plant can be invasive, if you let them. That's not the first shrub that I have cut down because of a misleading label.

Autumn is a good time to start pruning, especially when most of the summer and autumn plants have finished flowering; time to remove any dead branches, and prune others to produce nice fresh growth. An important reminder to check yourself when you finish pruning, especially when you lob off a few branches off tall shrubs, as I have found a few ticks on me and even a leach.

I have all my winter vegetables in and growing - English spinach, peas, carrots, endive, lettuce, broad beans and the brassicas family (Kale, Brussels sprouts, cabbage, cauliflower, broccoli and turnips). I have also planted onions amongst the brassicas. Onions are a good companion plant with brassicas, it helps deter white fly. Also white pansy's are a good companion plant for the veggie garden. The vegetable garden is mulched and the only thing I have to do now is give the plants a dose of liquid fertiliser every three weeks, just to help them along.

I made my liquid fertiliser with cow manure and weeds; let it steep in water, stir every now and again and just let it brew. When it comes time to use, you put a small amount in the bottom of your watering can and fill with water to resemble a weak tea and pour on the plants. This

helps the plant to build strong cell walls and root systems as the plants can access nutrients immediately.

As winter approaches my plan in the garden is to cut down the asparagus as it is dying back and fertilise it with a layer of old cow manure and straw. Spread horse manure on top of the soil of the hedge row. Horse manure can give new plants a jump start while providing essential nutrients for continual growth. It contains adequate amounts of organic matter and can be applied in various ways. I just layer in over the soil. The hedge row is 5 years old and I fertilise with horse manure once a year. Next to the hedge is a mulberry tree, it also gets fertilised with horse manure. Horse manure is slightly higher in nutritional value than cow or steer manure. The plants have definitely benefitted from it.

I have plenty of things to keep me busy, still loving retirement.

Here is a saying - *A journey of a thousand miles begins with a single step.*

Until next time, happy gardening

Deb

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Good Medicine

Forgiving

Have you ever been being hurt by someone? The answer to that is likely yes ... if you are human! Whether physical or emotional our natural reaction to this is anger and a desire to get even. This leads to resentment ... then bitterness ... hatred ... and even murder. You see where I'm leading.

We hear almost daily of these kinds of tragedies.

The main key to inner healing is to get free of resentment in our lives. We all know people who are bitter or hold a grudge about something that happened in the past ... perhaps even ourselves. However resentment is like a boomerang ... we throw it towards the person who hurt us and it returns back and hits us instead.

The physical and emotional results of resentment are wide – ranging and include heart disease, back pain, cancers ... as well as depression and exhaustion, to name just a few. The only answer to resentment and bitterness is forgiveness.

In the Lords prayer we say – *forgive us our sins as we forgive others*, but it's easy to pray that without thinking too much about it. The bible says if you forgive others, your heavenly Father will forgive you but if you do not, neither will your Father forgive you, *Matthew 6:14-15*. From the cross Jesus asked God to forgive his executioners.

There are many cases of people offering forgiveness after terrible tragedies. Remember the children hit by an intoxicated driver as they walked to a shop for ice creams ... and the parents forgave him.

Forgiveness is something you do for yourself, not the other person ... who might be happily going on with their life unaware of your feelings.

Speaking personally, forgiving someone is not easy, perhaps one of the hardest things in the world ... but also the most freeing. Even though I had read the bible verses I didn't really know what forgiveness meant till I had the opportunity to put it into practise. During



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the process the event comes back to mind often, causing you to ask 'have I really forgiven'.

It's possible to forgive without an apology ... although it could make it easier. Forgiving doesn't mean you agree with what they said or did ... just that you will not take the place of God and be their judge.

Many people think forgiveness is:

- ♦ just forgetting
- ♦ sweeping it under the carpet
- ♦ condoning
- ♦ trusting the person again

However true heart forgiveness is a process:

- ♦ expecting nothing in return
- ♦ not insisting on them changing
- ♦ praying for their prosperity

How to forgive:

- ♦ Ask God to show you where it's needed
- ♦ Make a list, name the person and hurt ... pray or make a decision to choose to forgive.
- ♦ Recognise or confess your own resentment or unforgiveness.

It might help to talk about it with someone you trust who would listen without judging ... even a counsellor. Whatever it takes to forgive it will be worth it.

For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts, *Isaiah 55: 8-9*.

Counsellor

Old is Great!

An older woman was asked, "At your ripe age, what would you prefer to get : Parkinson's or Alzheimer's?"

The wise one answered, "Definitely Parkinson's - Better to spill half my wine than to forget where I keep the bottle."

News From The News

Nabiac Community Church

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

St Bernadette's Catholic Church, Krambach

June Mass times are Saturday 4th at 5:30pm - Saturday 11th at 6:00pm - Saturday 18th at 6:00pm
(contact **Helen Legg** on 6559 1211)

****NOTE - Saturday 4th is @ 5:30 pm this month only**

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) .

St Paul's Anglican Church, Nabiac

Service each Sunday at **10:30 am**. All welcome
Enquiries: Contact Kit **Carson** (0493 278 243)

Every Week Day Before and after school care by **KIDS SHACK**
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Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

Mass time is Saturday 25th at 6:00pm

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Belinda ☺

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WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
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Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - NABIAC	6554 1211
Fire Permits	1300 643 262

NABIAC EXCAVATION SERVICES



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KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 18th 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

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 6554 1144 or 0434 589 048 (Minimbah)

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

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