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ACROSS THE FENCE

COUNTRY Music Day is back again at Krambach

Sunday 28th August
10:00am to 4:00pm
Krambach Hall
Local & Visiting Artists
Details Page 3



PUBLIC NOTICE

The Annual General Meeting of the
WALLAMBA DISTRICT AGRICULTURAL & HORTICULTURAL Assoc Inc
Will take place in the Foyer of the Show Hall on
Tuesday 9th August, 2022 @ 7:00pm
to elect Committee Office Bearers

Followed by the General Meeting
You must be a paid up member to vote
Membership is \$10pa
Further details page 3



PUBLIC NOTICE

The Annual General Meeting of the
Wallamba District Agricultural & Horticultural Assoc. Inc.

LADIES COMMITTEE

Will take place in the Show Canteen on

Tuesday 9th August 2022 @ 1.30pm
Followed by a General Meeting

News from the Wallamba Watershed is a **FROGS BOTTOM PRODUCTION**



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Editorial.

Hi all,

I'll start with apologies for any bloopers I have made this month. I have had a swimming head cold for the last few days and just not function well with a continually fuzzy head and a nose we won't elaborate on.

I am finishing this on Tuesday morning and with clear blue skies and warmer weather my demeanour has lifted and my fingers are working a lot more efficiently on the keyboard.

I got to 'christen' my Coles mesh veggie bags last week and will give them the thumbs up. You can still get plastic ones to use but I don't know when they are getting the 'flick' for good.

Reading Jan's Minimbah Fire article it is hard to believe we are just about over our burning period and I still have piles of wet grass, branches and etc. to burn WHEN and if ever, it dries out. Don't want stinking wet smoke and subsequent smouldering ashes so haven't lit up yet.

I can't believe we have already past the half year—where has it gone to???

The show's AGM is on next week for anyone interested in joining the committee or just join up to help out with preparations and volunteer on show day.

It's great to be almost back to normal and I was pleased to finally have something happening to put on the front page again. Good to see the Country Music day back at Krambach.

You are probably wondering about the two full page ads from the Op Shop and the NABIAC Village Futures Group. It is their way of helping keep the paper going without having me accept a "donation" towards the cost of the new printer bought in February.

My thanks for their help as I seem to need a new one every 6 years (that's the warranty on them) and they are a tad expensive.

Summa, Dyers Crossing's Post Mistress, is excited at having procured a defibrillator for the Dyers Crossing area at last. Details on where it is are in her article on page 11.

Because of the two new ads you have two pages of jokes this month. Took me all day yesterday to find and fit them to the pages so I hope they bring you a laugh and if I have used them before, have another giggle. There is also a test script to see if your brain is good at reading something jumbled. Be interest to know how many could read it

For those interested in art, I have been told the Archibald Exhibition on at Taree Art Gallery is well worth the \$2 entry fee.

We will have a new article writer next month and I am really looking forward to the information that will be in the articles. Hope your are too.

Timidty Cat is feeling the cold and wanting food and a lap, so

'til next month

Lyn & Timidty Cat. (& Tilley Cat in spirit)



WHAT'S HAPPENING IN AUGUST, 2022

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	6 th	8am to 12 noon
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	21st	
• NABIAC	(Last Sat)	27th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	20 th	???
• Taree Rotary Book Fair	(3rd Sat)	20 th	7.30am to 12.30pm ???

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

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

Production: Lyn Reid

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

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

ALL ART WORK IN JPG ONLY

Disclaimer: The editor has **no affiliations** to any advertisers and the opinions expressed by submitters are their own.

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Full Page - 19 x 27.5 cm	\$110.00	\$100.00

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NEWS FROM NABIAAC PUBLIC SCHOOL



We have the loveliest school community

On the last week of Term 2 the staff were treated to an afternoon tea with thoughtful gifts and letters from students and families expressing gratitude and so much kindness towards our staff. We appreciate the support from our P & C and school community. It was such a lovely way to end the school term.

Canberra Stage 3 Camp

Later this term our Year 5 & 6 will head off to Canberra for a week packed with great activities. The students are all looking forward to their camp.

Recycle Bread Bags for Sports Equipment

We are still collecting old bread bags to send off and be recycled and, in return, we earn points to receive sporting equipment for the school. Any members of the community are welcome to call in and drop off their bread bags.

Education Week

On 4th August at 2.15pm we will hold our Education Week Assembly where our School Band, the *NabiBeats*, will be performing. There will be an art display in the hall from 3pm-5pm which all parents, carers, grandparents and friends are invited to come along and view.

Kinder Enrolments

We are now accepting enrolments for Kindergarten 2023 (can you believe it?) We are currently updating our enrolment packs and organising some fantastic visits for prospective students this term.

Generous Donation

A lot of local businesses donate to our school throughout the year and at the end of the year to assist with our Presentation Assembly. Mr and Mrs *Singh* from FoodWorks have recently made a very generous donation paying for multiple class sets of books for our school. We are very grateful for their support.

Leonie McKinnon

School Admin Manager (Rel)

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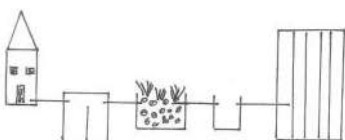
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Show News

This time of year sees the Show membership getting organised for the AGM. This is when next year's Committee is elected, the end of financial year reports are tabled and reviewed, and everyone's focus on the 2023 Show is sharpened.

The AGM is on Tuesday 9th August, 2022 in the foyer of the Show Hall. Please note it commences at 7pm, not our usual meeting time of 7.30pm, to ensure time for all discussions.

For those of you in our community wanting to become involved, you'll need to become a member prior to the meeting. Here's a link to the Membership Form, from our page on nabiac.com - [Membership-Application-Form-August-2021.pdf](https://nabiac.com/Membership-Application-Form-August-2021.pdf) (nabiac.com)

For current members, the AGM sees the start of our year, so fees are due. Please remember that only paid-up members may vote at the AGM.

The Association is keen to have new members come and join us and if you'd like to step up and contribute via the Committee, please contact any current WD A&H Assoc. Inc. member for a copy of the Nomination form.

Looking forward to seeing you there.

Sally Henderson

Secretary - Phone: 0420 93 74 63

email: secretary_wdah@outlook.com

Information: www.nabiac.com/show

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Between the Pages

Nabiac Library News



Rugged up and snuggled up! It's Winter and a good time to get into our local Nabiac library to keep you entertained with indoor indulgences. We know it is boggy in your gardens, and these sunny, but somewhat chilly days, leave you feeling as if you don't want to leave home; so let's see if we can tempt you to come into our warm, friendly Nabiac Library to source some Winter inspiration and entertainment.

Magazines at Nabiac Library

The \$\$\$\$ cost of buying magazines these days is an indulgence many folk cannot afford.

Did you know that Nabiac Library stocks an extensive selection of popular magazines for you to borrow. These are monthly or quarterly editions and cover a wide range of interests and topics for our members; from cooking to gardening to good health. We also have some travel and culture magazines and even a National Geographic for kid's magazine. Nabiac Library magazines include: *Australian Women's Weekly*, *Taste Magazine*, *Wellbeing*, *Caravanning Australia*, *Better Homes and Gardens*, *Gardening Australia* (June & July, 2022 have some great articles on backyard chooks), *Open Book* (a magazine about books, libraries, arts and ideas), *Home Beautiful* (for those of us who like to dream, plan and implement), *Outback* (an RM Williams production tempting us to tour our Outback regions) and *PIP* (a Permaculture magazine for our hobby farmers and landholders).

Come on in and browse our magazine selections and save yourself some money. If you decide that you only want a few pages we can assist you with photocopies as well.

Jigsaws at Nabiac Library

The Nabiac Library offers wide range of jigsaw puzzles for all ages and skill levels for borrowing. Jigsaw puzzles are currently seeing a resurgence in popularity world wide. They offer a chance to disengage from our hectic lives and information overloads and reconnect with one another.

There are some amazing benefits of puzzling that might surprise you:

- * Jigsaw puzzles exercise both the left and right hand sides of your brain at the same time.
- * Jigsaw puzzles can improve your short term memory.
- * Jigsaw puzzles improve your visual-spatial reasoning.
- * Jigsaw puzzles are a great meditation and Zen tool. Focusing on just the one image and task without extraneous thoughts is a way of achieving stress relief and better health.
- * Jigsaw puzzles provide a way for family and friends to connect. Having a jigsaw puzzle on the table is an invitation for folk to participate, sit down, join in and chat!

This is why Nabiac Library has an ongoing jigsaw puzzle on our tables for all to share. Our Nabiac puzzlemasters have just completed this amazing puzzle which showcased the beautiful artwork by Mexican artist *Frida Kahlo*, featuring images of herself. It was very popular with members as it offered a new perspective and thus created lots of chat about the artist and her work.

So, come on in to join with the Nabiac Puzzlemasters to contribute to our current puzzle or to browse our Jigsaw Puzzles section for your own 'in home' puzzle. We have some amazing wooden puzzles that will challenge you.

Nabiac Library Opening Hours: We are currently open at Nabiac Showground @44 Nabiac St

Monday: 3pm- 4:30pm
Tuesday: 3pm- 4:30pm

Thursday: 10am - 12noon
Saturday: 10am - 12 noon

See you at the Nabiac Library. The best place to be!!



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Nabiac Village Futures Group News

July has been a quite unforgettable month for our town and indeed all the coastal areas around us! Consistent heavy rain caused Nabiac's Town Creek to overflow, flooding nearby shops and testing the survival of recently completed restoration work on the Creek banks.

Michelle, from Vintage Magnolia, has been keenly watching the project and sent some feedback -

“Seating and bins being very well utilised several times a day from my observations. The much improved creek area and surrounds gives the visitors to our village a more positive experience and impression and instils a greater sense of pride in our residents and shopkeepers alike. Seating would benefit from some shade awning.”

Other feedback included an appreciation of the quality of the tables and seats - they were expensive but good quality “you get what you pay for”. Another commenter appreciated the design of the seating saying that the seats are easier for older folks to access than the other seats where legs have to be lifted over in order to sit at the table.

General opinion seems to be that the plants survived “better than expected”.

It was great to see Council staff attending to slight damage to the Lomandra plants and the matting. Thanks also to Council staff for the paint job on the tables and seats in the Memorial Park.

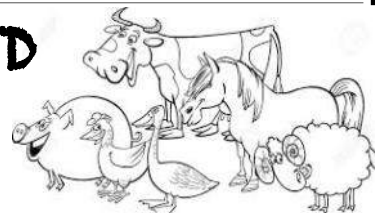
We are now meeting every second month. Our next meeting is **Wednesday 3rd August, 7 pm** at Neighbourhood Centre.

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com



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Nabiac Memorial Neighbourhood Centre Association

Mid Coast Community Quilters have been hard at work. They made just under 30 little quilts which were given to Aboriginal mums and their babies at a 'blessing of the babies' held in NAIDOC Week.

A special morning tea was held in early July and it was a pleasure for Ross and myself to meet some of those involved. Quilters Jenny and Michelle proudly showed us a stack of little quilts. The Minimbah and Worimi Elders, Janice, Kerry and Bob, happily accepted the quilts. Kerry showed us the tiny little beanies being knitted for the babies. Lisa, from the Maternal Health Team of Tobwabba Medical Centre, shared memories of her late mothers quilting days at Nabiac.

Aunty Janice Paulson thanked those who have been donating the machines, the supplies and their time to keep such projects happening.

Louise Collins, secretarynmnca@gmail.com



From left to right: Michelle Harder and Jenny Fletcher (Mid Coast Community Quilters); Lisa Perry (Tobwabba Medical Health Centre) and Aunty Janice Paulson (Minimbah and Worimi Elders)

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NEWS FROM BUNYAH

Our community has lost two well respected community members who have sold their property in Norries Road and moved to the Newcastle area. **Christine Palin & Grahame Watson** have both been generous contributors to our community over the past 20 years by way of **Christine holding several different positions on our Hall Committee** and **Grahame as Senior Deputy Captain of our Rural Fire Service Brigade**. Their 'service' and professionalism has been selfless and we, as a community, will miss their presence and contribution as residents and friends. We will miss you both and extend our special thanks for being such wonderful 'Bunyah' residents. **We wish you well.**

Our planned Hall Committee Meeting set down for July was unable to be held due to members being absent with sickness and other over-riding issues. Due to continuing circumstances, a new date is still unable to be set for the Quarterly Meeting and for establishing the Community Led Resilience Team at Bunyah.

The date or dates will then be circulated to see which is most suitable for everyone to attend.

Our Hall is being painted internally commencing 1st August. 2022!

Local Land Services Mid North Coast will be holding a special information session at **Bunyah Hall on Saturday 27th August, 2022 commencing at 1.00 pm until 4.30 pm** covering **FOOT & MOUTH DISEASE in farm animals**. This session is **FREE** and a light afternoon tea will be served. Please take advantage of being able to access information **LOCALLY** on this extremely important issue.

Separate to the above information session.....

On another important issue, at **Bunyah Hall IN SEPTEMBER, ON A DATE YET TO BE FIXED** we will be holding an **ECO BURN EDUCATION PROGRAM**. **THIS ALSO IS A FREE SESSION**

Olivia Elgin B. Environment is a Fire Ecology Education Officer who is delivering a program within the Mid North Coast to educate land holders on how to protect their property from wildfire and protect the native vegetation on their property using low temperature burns.

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The program is similar to 'HotSpots' and is **not relevant to suburban areas**.

Part of the program includes putting on a Fire Skills Expo which will include demonstrations to show landholders how to prepare their property. The Expo will have RFS trucks and trailers, stalls from Council and Local Land Services plus other organisations and community groups.

The Workshop covers information about fire ecology and how to prepare a Property Bushfire Management Plan.

If you wish to attend this **ECO BURN EDUCATION PROGRAM** please email "Olivia Elgin" mc2t.fire@gmail.com This Workshop would go for about 8 hours including breaks. **Please include in your email your preference for a weekday or weekend.** (flyer on page 30)

As you can see, there is plenty happening in Bunyah!

Neryl Simpson

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has been in the same boat (no pun intended) as the rest of the community when it comes to the weather over the past few weeks. Wednesday 6th July was an exceptionally "interesting" time. Late afternoon/early evening saw both bridges on Minimbah Road under water and impassable. Our Fire Station had water through it and "an Olympic-size swimming pool" out the front. Unfortunately, we were unable to get to the station and respond to the calls for help we received, and appreciate that other Brigades could help out. Thank you.

Did you know?

- For the 24-hour period ending 7am on 7th July, 2022, the Minimbah area generally, had 13 inches of rain. That's 325mm in modern speak. Some areas close to the rivers received more.
- When the first bridge on Minimbah Road is under water, the water on the road at the eastern side of the bridge is much deeper than it is on the bridge itself.
- The second little bridge on Minimbah Road is considerably lower than the road approaching it, and in times of flood it traditionally has large vegetation strewn across it and the guide posts on either side are not visible. That's a pretty good indication that the water is at least a metre deep and flowing swiftly.
- **If it's flooded Forget it.**
Rather than risking getting caught in flood waters, a sleep-over at a friend's house could be a good idea.
Be safe, not sorry.

A few days after our *swimming pool* had receded and became just mud, and we had cleaned out the Station, it was business as usual. Not firefighting as such, but training. On many Wednesday or Saturday mornings you may hear sirens coming from our Station. No need for alarm on your part. It's just us honing our skills and carrying-out some over-run training and truck maintenance. An over-run is when, usually due to a sudden change of strong wind direction, the truck and crew are in danger of flames engulfing them. It is very noisy, visibility is practically zero, and it is very scary.

A series of three blasts from the fire truck horn!? It may not mean much to you but it does to us – certainly when we are on the fire-ground. With all lights flashing, with three blasts from the fire truck horn, the truck driver can signal to the crew members who are fighting the fire, to drop everything and get back into the truck ... now! We don't take this lightly – it has happened to us in the past.

On the other hand, if you get a wave and a quick toot from the truck as you are driving past our station, that's just us giving you a friendly g'day.

Sam The Handy Man Can.....

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Rubbish Removal and much
more.....

Locally, water has been a bigger problem than fire, but further afield, fire has taken its toll.

Since the start of June, there have been more than 400 house fires across NSW, with over half the properties not having a working smoke alarm. In Sydney just this week, a home with no smoke alarms was destroyed by fire and three lives lost. Figures released by the Authorities state that "46% of the homes damaged by fire this winter have not had working smoke alarms, and one in five homes had no smoke alarm at all."

Be safe, not sorry.

You can't smell smoke when you're asleep, but your smoke alarm can. Keep your family safe this winter; always keep items a metre from the heater and please make sure you have a working smoke alarm.

We are in the 21st century, but for varying reasons, not everyone has access to, or the funds to provide, heating to their home. Recently six people were rushed to hospital with suspected carbon monoxide poisoning after using a charcoal barbecue inside their granny flat. They were trying to stay warm.

**Carbon monoxide gas
can kill without warning.**

Never use barbecues or outdoor heaters inside your home as they produce carbon monoxide, a poisonous gas you can't see, taste or smell.

For advice on any suspected or confirmed carbon monoxide poisoning, call the

**Poisons Information Centre on 13 11 26.
In an emergency, dial triple zero (000).**

Don't laugh – this is serious. In a month's time (1st September) the Mid Coast District is due to commence the Bushfire Danger Period, and there will be the requirement to get a free Fire Permit from the NSW Rural Fire Service before you light up any fires. Sounds unbelievable we know, but just imagine how things will change if we don't get any more rain between now and then, and if we are soooo warm we need to wear our "light and frillies". We know tell them they're dreaming. We just don't want that dream to become a nightmare. Just sayin'.

To find out the name and contact details of your nearest Permit Issuing Officer,
who ya gunna call?

NSW RFS Mid Coast Fire Control Centre on 1300 643 262

To provide the required 24 hours' notice of your intention to burn,
www.rfs.nsw.gov.au/notify is the place to go.

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News from Nabiac Second Chance Op Shop

Closed Wednesday 3rd August, 2022

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.

VOLUNTEERS NEEDED. Ladies and Men.

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.

Defibrillator:

A reminder that there is a Defibrillator available 24/7 on the side veranda of the Neighbourhood Centre /Op Shop.

Shop:

The Op Shop had another good month for sales and donations for July, 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.

The \$5.00 bag sale in July was very successful. We will be starting to hang more summer stock out during August getting ready for the start of Spring in September.

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.

We have a sale on DVD's until further notice in the shed. 15 DVD's for \$5.00. Come in and go through our large collection - you are sure to find that DVD you have been wanting to watch.

Funded Projects:

Our project for July was renewing all the galvanised piping with copper piping due to the age of the Neighbour Centre/Op Shop. The pipes finally started to break down with age.

Thankyou Mick and Ash from Roy and Nev's Plumbing from Krambach for your quick response and getting the job done with as little of disruption to the Op Shop as possible. Thankyou again guys.

Plastics Bags:

Please remember to bring your bag with you when visiting the Op

Shop. Your co-operation is appreciated.

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. Your co-operation is greatly appreciate.

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

We are still in need of clean towels, sheets and blankets to sell. Also if you have any old linen that are not suitable to be sold they will be perfect for making rags; also any towels not suitable for sale will be perfect for dog towels.

All these items would be received with great appreciation.

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

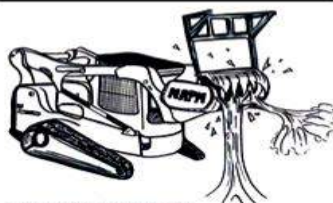


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Nabiac Pharmacy News



COVID VACCINATIONS

COVID-19 vaccinations are still available at Nabiac Pharmacy. We use the **Moderna** booster. It needs to be four months since you last booster or three months since a COVID infection has ended.

We are providing these through the week and appointments are needed. It is safe and effective at reducing the worse of an infection.

COVID ANTIVIRAL TREATMENTS

COVID-19 is currently circulating highly in the community. There are now specialised anti-viral treatments available to help minimise the impact of a COVID-19 infection, and give people the best chance of recovering. The likelihood of contracting COVID-19 in the future is significant for most people.

The medication needs to be started as soon as possible and within **five** days of infection. The sooner, the better.

If you are in an at risk category it is important to contact your doctor **IMMEDIATELY** after testing positive to a Rapid Antigen Test. They will advise you further on what to do. If you cannot reach your doctor

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At risk categories include **all people over the age of 70 who test positive**.

COVID-19 antiviral medications are also being given after a positive Rapid Antigen Test to; **people over 50 with two risk factors, indigenous people over 30 with two risk factors, people over 18 who are immunocompromised**.

Risk factors include;

1. Having a disability
2. Having neurological conditions
3. Respiratory conditions including COPD and asthma
4. Heart failure, coronary artery disease and cardiomyopathies
5. Obesity (BMI>30kg/m2)
6. Diabetes Type I or II
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DYERS CROSSING LPO

Hello everyone, Summa here from Dyers Crossing Post Office.

I am very excited to announce that the Post Office now has an **AED defibrillator** courtesy of Australia Post CEO, **Paul Graham**, who shared my concern for our communities health and safety with limited access to medical assistance in time during an emergency.

The defibrillator is located in an alarmed box to the side of the front door under surveillance and with my number on the device to call if it has been taken for an emergency.

The \$56.80 raised from the Jar guessing contest will go towards ongoing maintenance and servicing of the device. Thank you so much to everyone who supported me in this goal and all your kind words of encouragement.

On another exciting note there are now more post office boxes available!

- * Do you like to keep your residential address private when shopping online?
- * Do you get parcels from other shipping companies and have to travel all the way to their nearest delivery centre and would like the option to pick up here?
- * Do you have a business and would like your mail safe and secure with a simple and professional address?
- * Do you prefer not to get mail that isn't addressed to you such as flyers etc?
- * Would you benefit from receiving a notification anytime you have mail in your PO box? Saving you time and fewer trips to check yourself.

I'm getting a pedestrian gate put in so you can access your PO box 24/7.

If any of these relate to you please drop by and see how you can benefit from leasing a PO box while limited numbers are available. Please feel free to call us on (02) 5565 1222 during operating hours to ask any questions or you can simply go to Australia Post's website and lease a box online and pick up the keys in store.

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

Summa

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**Home Baked
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Nabiac Showground 8am-Midday.
Last Saturday of each month, except December.

Next market 27th August.

Check out the list of stallholders below! We are SO proud of our range of fabulous, locally produced wares & food, brought to you at the end of each month, with a quintessentially "Nabiacian" market vibe.

Locally produced

*wine *cheese *plants *culinary delights *chutney
*pasture-raised meat & eggs Natural skin care *honey *coffee *plants
*Unique artisan wares *baby clothes *fresh produce *seedlings
*specialty tea *turmeric *flowers *garden-art *chooks *dog treats
*beer *seedlings *unique jewellery
*sourdough bread *market BBQ *food *live music

Market News:

- ♦ We are seeking more fresh produce at the market.

Stallholder applications: Become a stallholder, be your own boss, and enjoy being a part of the market community. Find the application forms at the website – below.

The demand for produce is big, and it sells well at our monthly market. There are markets every week in our region, so there are plenty of opportunities to shift produce and keep our community healthy.

Having a stall is also great marketing platform for your business. Head to the website, fill out the application form and email through to us for review.

All applications are reviewed by more than half a dozen committee members. We strive to adhere to our ethos of "Make it, Bake it, Grow it". We embrace the following: Fresh produce; quality food; unique, hand-crafted wares; value added culinary fare; plants; flowers and natural skincare. Your business should be within a 100-mile radius (*exceptions for produce we can't source/grow in the local area).


- ♦ **Plastic:** There is a state government mandate stipulating no more single-use plastic, takeaway containers, and utensils. Looking for ways to be eco-friendly is always on our agenda.
- ♦ **Demonstrations & events.** We are looking at potential events in the future; workshops, and demos to make the market even more fun. It's been a challenging few years, so the committee's focus recently has been to stay strong and keep the market thriving! We will review ideas, so stay tuned!

Stallholder feature: My Blue Tea. Port Macquarie.


Lee, the founder of My Blue Tea, grew up in Malaysia and remembers how they used these pretty blue flowers:



"We used the Butterfly Pea flowers to provide a blue tinge to rice (known as Nasi Kerabu, a specialty rice) and glutinous rice cakes (known as Pulut Tai Tai & Nonya Chang in Nonya cooking in the Peranakan community)."



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Products include the Blue Butterfly Tea Powder and Butterfly Pea Flower Tea, made from Butterfly Blue Pea Flowers, or scientifically referred to as the Clitoria Ternatea. These flowers are used as an aged old and ayurvedic way to maintain health and overall wellness.



The roots, leaves, flowers and seeds of Clitoria Ternatea have known traditional medicinal uses that stretch back in time - especially the roots. In Ayurveda Indian medicine it is known to cure sexual ailments and is used as an aphrodisiac, laxative and diuretic, as a brain tonic to promote intellect and improve memory, to treat bronchitis, asthma, pulmonary tuberculosis, fever [and] skin diseases"



"Our Blue Butterfly Powder and Butterfly Blue Pea Tea is a delicate blend of these flowers with a natural flavour on its own or you may wish to add honey or rice sugar, lemongrass, ginger or pandanus yourself to give that extra flavour and medicinal value. Or you may simply choose to add a squeeze of lemon to see how it changes colour from royal blue to purple or pink and impress your friends or guests at the next dinner party".

Taste of Blue Tea:

The tea has amazing intense blue colour and makes a perfect natural food colouring. It has a delicate, natural earthy taste. Check out the tea and range of other products for yourself at the next market.

www.mybluetea.com.au

We regularly post info and updates on Instagram and Facebook.

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Thank you to all of you for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all.

See you at the August market. Spring will be in the air.

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



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Terrence George Wallis

"Terry"

29-7-1937 to 3-7-2022

84years

Terry was born in Nabiac, the second eldest of 5 siblings.

He is survived by his eldest brother, Owen and his youngest, William (Bill).

His only sister, Beulah, died in 1964, aged 23, and David died in 2018.

Terry lived all of his life in Nabiac, in Dibbs Street, going to school there and then working for his father in the family's Bakery.

On his father's death in 1973, he and his brother David, took over the Bakery business and continued until they sold it in the mid 1980's.

He then became a mail contractor in the Blackhead - Diamond Beach area until his retirement.

Terry remained single all of his life enjoying his many passions and interests - Cricket, Golf, Tennis, Surfing, Fishing, Darts, Cards, Gardening (vegetables), Horseracing and Crosswords.

In his early days he played cricket for Nabiac and was a competent batsman and spin bowler. He was a member of the Krambach Golf Club for 40 years and had great success there and served on the Committee in various positions.

He loved growing his vegies and what he couldn't eat he gave away.

He loved playing cards, euchre, with many thousands of hours spent doing so over the years with his brothers, cousin Rod and others.

He worked at the bakery every Saturday morning and played euchre with Rod and his Uncle Jeff there.

His other passion was having a bet on the horses and many a race meeting was attended by him, in his youth, with his cousin Rod. This interest continued right up until his death, as his brother Owen resided only 2 rooms away in the Nursing home, and he put Terry's bets on via his computer.

Unfortunately, due to ill health, he had to give up golf 10/15 years ago. In 2015 his health problems necessitated the sale of his home in Nabiac and he entered Estia Nursing Home in Taree. At the same time he suffered renal problems, requiring dialysis 3 times a week.

In the 6/7 years he lived in the nursing home, his brother David and David's wife, Georgina, attended to his needs. David's death hit him hard as they both lived and worked all of their lives in Nabiac.

As mentioned, although remaining single, he never wanted for family or company as David and "Georgie" raised 6 children at Nabiac and he was involved in their lives. Also at various times he had family residing at his house. His Uncle Mick, Auntie Jane and brother Owen.

In the end his body had had enough and he succumbed on Sunday 3rd July, 2022, just before his birthday.

Rest in Peace Terry

Terry's brother, "Bill" wrote this eulogy and knowing Terry myself for 45 years, (he was Paul's cousin) I will always remember him as a beautiful, gentle gentleman and picture him sitting on the front verandah of his house doing crosswords and listening to the races on his transistor radio Ed.



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People who lived in the United Kingdom during the 'mad cow disease'* outbreak can donate blood in Australia from today, potentially contributing up to 58,000 additional donations each year.

Australian Red Cross Lifeblood Executive Director of Donor Services, Cath Stone, said Lifeblood hoped to welcome around 18,000 additional donors as the change comes into effect.

"It's taken some time; however, we're so pleased our comprehensive review of the evidence and our risk modelling has found this rule is no longer required. It means that from today, we're thrilled to welcome these newly eligible donors to our centres around the nation," Ms Stone said.

"Our teams are in the process of contacting donors who have previously been unable to donate due to this rule. We're fortunate to have one of the safest blood supplies in the world, and we're continuing our focus to make it easier for all Australians to donate, while ensuring our blood supply remains safe for patients".

Since December 2000, those who had spent a total of six months or more in the UK between 1980 and 1996 were prevented from donating blood.

This was a precautionary measure in response to the UK outbreak of mad cow disease* and concerns about the risk of acquiring human variant Creutzfeldt-Jakob Disease (vCJD), a fatal disease with an incubation period of many years and no screening test to identify carriers.

The recommendation by Lifeblood to remove the rule was approved by the Therapeutic Goods Administration (TGA) following an in-depth risk assessment.


Modelling performed by Lifeblood and UNSW Sydney's Kirby Institute, funded under the NHMRC's** Partnerships Projects scheme, demonstrated the ability to remove this rule while continuing to ensure that Australia's blood supply will remain one of the safest in the world.

The Kirby Institute's Scientia Professor John Kaldor said, "This excellent outcome demonstrates the value of careful risk analyses, to ensure that restrictions on blood donor eligibility achieve the right balance between safety and sufficiency in the blood supply."

To book a donation visit lifeblood.com.au, call 13 14 95, or download the free [DonateBlood App](#).

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MidCoast Council wants your feedback on Outdoor Spaces in Nabiac

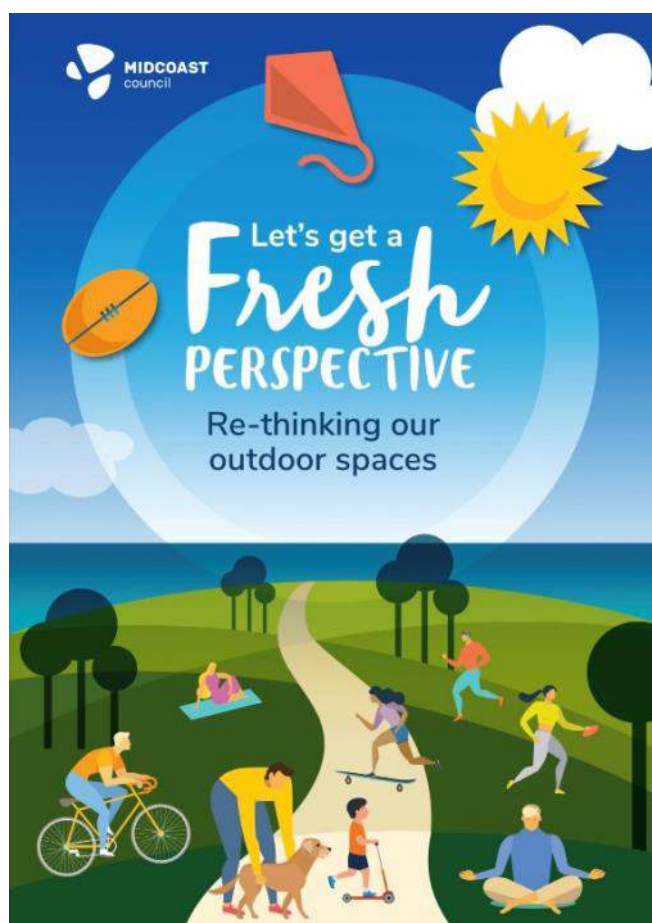
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What do we need?

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WALLAMBA CWA REPORT

Firstly I must say a big 'thank you' to Assistant Secretary **Penny Britton** who recorded the minutes of Wallamba CWA's July meeting as hubby and I were in isolation after returning from a trip up to Queensland doing a spot of 'grandparent duty' for our two who were on Queensland school-holidays and have working parents.

Seven members attended the meeting which was chaired by President **Margaret Weller** at the Nabi Community Church Hall and 7 apologies were also received.

The meeting began at 10.00am with the usual formalities of National Anthem (sung with gusto and heart) CWA Motto and Prayer before members paused to remember the passing of Mrs **Merle Richards** lately of Taree, but for many years was a resident with husband **Alan** and community members of the Nabi/Wallamba district. Several members of Wallamba CWA attended her funeral. Thoughts and condolences also go out to the family members of the late **Terry Wallis** and **John Worth**. Thoughts also were extended to member **Merle Barber** on the passing of her sister **Sylvia Sherwood**.

The meeting's thought was provided by member **Jill Hammond** and was "**We don't stop laughing because we grow old: we grow old because we stop laughing.**" Merle has offered to bring the thought for August.

Correspondence included the invite to attend the MNC CWA Group Council Meeting at Wauchope on July 26th - three members had accepted - Penny Britton who is the Group Cultural Officer along with Margaret Weller, President of Wallamba and **Beth Brewster** who is the branch Cookery Officer. We shall hear their reports at the August meeting.

An invitation was received from Gloucester CWA Branches, who have donated Centenary seating in the Pioneer Memorial Gardens, and it will be unveiled on Friday 9th September at 10.30am.

Members were advised that the membership fees for the coming year will remain at \$43 and fall due in September.

An invitation was also received by our Treasurer **Jenny** inviting Wallamba CWA to a presentation of Community Partnerships Bonus Payments being held at Club Taree on July, 19th.

Treasurer Jenny then presented her financial report to members and this was moved by Jill Hammond.

Merle's Handicraft report was comprehensive and she told of the MNC CWA's Agricultural & Environment combined with Show & Tell held at Lake Cathie on June 29th and hosted by the Hastings CWA Branch. Members Beth, Merle and Jenny attended and said it was a great day. Coffee was the Primary Product and a presenter from PEAK coffee spoke saying how businesses struggled due to Covid to keep going. Peak source their coffee from India and Columbia - the girls enjoyed the coffee supplied during the day and came home with

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some samples.

There was a guest speaker from Landcare who spoke on the Flora for 2022 which is The Banksia which needs fire to release the seeds, but too hot fires destroy the trees. **Marie Rouland** - MNC CWA A & E officer - spoke about the varroa mite virus infecting bees in the Hunter and surrounds. We all know how this has spread over recent weeks.

After lunch the Show & Tell session was held and a competition was held to see who could thread a needle and embroider a flower - a lot of fun and laughter I believe.

A display of prize winning knitting created by **Merrion Marks**, who has won many championships at the Royal Easter Show since 1994, was shown.

International Officer Penny presented an overview on traditional Latvian Folk Dress and hopes it might inspire a branch member to enter the International doll competition this year.

There are two periods of dress in Latvia. 1st was from the 7th to 13th Century and known as 'Ancient dress' period whilst the 2nd dates from the 18th-19th century and referred to as 'ethnic'.

Coral was absent for the meeting due to family commitments and in her place Margaret presented a report on Banksias detailing the flowers and fruit and how and where they grow.

Penny's Cultural report gave us an early update on the Cultural & International Day which is to be hosted at Wingham CWA on 31st August and will have a theme for the cultural component called "Collections and Musical Melodies and they expect members to take along samples of their favourite collections.

The cultural section will feature some of the well known musicals such as 'Sound of Music', 'Fiddler on the Roof', 'King and I' etc so should be a wonderful day.

Members then spoke of their happenings since the last meeting before the meeting closed at 11.45am when members then shared a light lunch and cuppa with lots of laughter and chatter.

The next meeting will be held on August 9th at the usual venue and commencing at 10.00am. All interested persons who might like to join and see what CWA is all about are welcome to come along and say hello.

Pam Muxlow

Sec/Publicity Officer, Wallamba CWA Branch

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This message serves to prove how our minds can do amazing things! Impressive things! In the beginning it was hard but now, on this line your mind is reading it automatically without even thinking about it. Be proud, only certain people can read this.

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Let's chat! Get in touch via the website, FB or Instagram.
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How to boost your immune:

Happy August everyone! I hope you're surviving the winter weather. What are your tips for nurturing your immune during winter? Some people swear by eating plenty of garlic, warm soups, raw honey, lemons and oranges – I certainly do! There's a range of herbs too, such as Aloe Vera and echinacea and certain types of mushrooms. I'd love to hear your tips.

Vitamin C – fact or fiction



Have you heard that vitamin C is good for colds? Have you wondered if this is true? It is true! Whilst vitamin C doesn't directly fight viruses, it plays an essential role in immune health, which will help to prevent and fight viruses. Here's how:

Vitamin C is an antioxidant, essential for cell repair throughout the body.

The reason that foods rich in vitamin C have been recommended for eons is that it helps to repair and protect cells from damage. Including the immune cells. Damage can be caused through exposure to toxins (in food and the environment), smoking and lack of nutrients from healthy food.

Healthy cells are ready for action, to fight disease-causing germs.

Did you know that most of your immune cells are stored in the gut lining?! Around 70% in fact.

Eating a diet rich in wholefoods and ferments will nourish the good gut bacteria and your immune cells.

Eat Whole foods for a healthy immune. Say no to processed foods!



Eating highly processed and sugary foods can create an imbalance, causing a rise in bad bacteria and free radicals, resulting in fewer good gut bacteria.

We need ample numbers and variety, of good gut bacteria to share messages with the brain and help reduce potential cell damage. If your immune cells are damaged, then they can't fight the bad viruses for you. If you'd like to know more about how to look after

your gut health, head to the blog: Gut-health checklist on the website below.

Here's 3 easy tips for how look after your body's immune health:

1. **Nourish gut health with probiotic food to boost your immunity.**

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Your good gut bacteria share and instigate messages with the brain and with organs in the body to help your immune function properly.

Including probiotics in your diet, such as sauerkraut, yogurt, miso, tamari and kombucha, will boost the number and variety of beneficial gut bacteria.

2. **Eat well.** Fruit, veggies, and wholefoods, provide nourishment for your body's cells and provide fuel (fibre), which is food for the beneficial gut bacteria, so they can thrive and increase in number.
3. **Stay hydrated** with clean fresh water, broth, fruit & vegetable soups.

Below is a slide, with more tips which will have your immune cells ready for action. These tips will help to:

- * Provide vitamins and minerals which are essential for the body to function.
- * Provide antioxidants to protect cells from damage.
- * Help the body make certain nutrients such as vitamin D.
- * Reducing refined sugar and highly processed foods will help your body maintain a healthy balance of gut microbes.
- * Nurture the good bacteria in your gut – which is home to many of the immune cells in your body.

Germs, gut health, and immunity:

Winter immune support

- Nitric Oxide foods** support lungs- beetroot, spinach, kale, apple, lettuce, orange
- Soup-** pumpkin, garlic, ginger, turmeric, pepper, bone broth
- Vit C foods** - nourish immune cells. orange, berries, kiwi
- Honey,** lemon & ginger tea
- Zinc-** pumpkin seeds, hemp, oysters, beef
- Vit D-** sun, egg yolks, beef liver, cod liver oil, sun-dried mushrooms
- No sugar** - alcohol & processed foods deplete the immune cells
- Probiotic food** or supplement- Yoghurt, kombucha, sauerkraut. Time in nature, gardening & hugging pets build good bacteria

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Exposure to germs plays an important part in building **immunity** and building **gut health**, which are intertwined.

Hand sanitizer and social distancing played key roles in keeping people safe. However, these measures may also have contributed to reduced immunity, by killing good bacteria in our body's microbiome and reducing opportunities to build immunity with exposure to every-day germs.

Exposure to some germs in the environment,

through gardening and owning pets, can help build up a healthy gut-microbiome. Along with eating probiotic foods. Probiotic supplements are also available and may suit your individual needs. Seek some advice.

Gut health and immune health are interlinked. Nourish your immune system with a healthy, varied diet.

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30-minute free chat available, to see how we can work together toward a healthier you. Message me on FB or Instagram, or via the website.

Not ready for a consultation? It's not in the budget right now? Find plenty of free nutrition info on the FB page, Instagram and in the blogs on my website.

Stay healthy everyone. **Laura.**





REAL KULTCHA

I think it was from the tome *The Ancient Mariner* that I've picked up the lines: *Water, water everywhere and not a drop to drink!* but that just goes to show how some things will stick in your mind. Of course, it could also have something to do with the metres of rain we've been experiencing hereabouts over the last few months. I'm a member of the Bulahdelah Golf Club and so far this year I've managed just three games! The course is almost awash and has been closed. I'm told Sandbar, Forster, Tuncurry, Tallwoods, Taree and Wingham are faring little better and looking at the weather forecast, I might be lucky to get another game before Christmas! At the moment I do a quick scan of my bod each morning to make sure I'm growing any moss or lichen. You can't be too careful.

I was reading a book t'other day that related a number of **Logical Laws**. For those of you who are slow on the uptake, the first real manifestation of these was in the first publication of *Murphy's Laws*! The very first of Murphy's Laws related – If anything can go wrong, it will – and it came to Murphy in all its clarity when his girl friend announced the pending birth of their first child. In the book I was reading, I was particularly struck by the John Newbern's Law that says: *People can be divided into three groups: those who watch things happen, those who make things happen and those who wonder what happened.* With the third group in mind I, of course, immediately thought of the Australian men's cricket team – *The Galahs*. I haven't actually been watching any of the play from Sri Lanka (where they're touring at the moment) but I do stand by my comment of last month that the Sri Lankans do appear to have a good side and *The Galahs* will be lucky to get out of there with just a thrashing!

By the time you read this the Commonwealth Games will have started in Birmingham but at the time of writing, all the pundits have begun speculating on just who will win how many medals and how many we'll win overall. I despair for our country! How many times have we gone through this ridiculous charade and it never ends well? We'd all be better off if the press and the so-called experts would just **SHUT THE HELL UP**. Let's watch the games and enjoy – with the athletes – any medals that come their/our way.

The biggest problem seems to be the experts or straight out idiots, have no memory, fail to do their research or just don't give a damn and

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blather some stoopid comment before they've even thought about it. That happened just recently after the English side beat *The Wallabies* to take out the series 2-1. This fool abused Eddie Jones (the English coach) of being a traitor. Yep, Eddie was born in Oz, attended the La Perouse Public School, learnt his Rugby there, honed it and his coaching skills as he rose through the ranks and was *The Wallabies* coach 2001 - 2005. I can't remember what happened then (it is Rugby, after all) but Rugby Australia gave him the flick. He moved around, was finally engaged by England, coached them brilliantly, brought the side out here and thumped us. Does that make him a traitor, as the idiot claimed? No, it doesn't. It makes him a very good coach and confirms that we can be so stupid sometimes. And just to confirm that, Rugby Australia is now shamelessly sucking up to him to come home and coach our team for the 2027 World Cup which is to be held here in Oz. If you were Eddie, would you come home to coach *The Wallabies*?

Cameron Smith has taken out the 150th British Open at St Andrews and he did it in style. His first two rounds were a 67 and a 64 to sit atop the leader board going into the weekend. His Saturday score was a 73 and he was 4 behind starting on Sunday. All the experts could talk about was Rory McIlroy and how he was going to win the 150th in his own country! Fat chance. Cameron knuckled down and came in with another 64 for a total of 268 and won by a stroke. Then an idiot (they're not all here in Australia) asked if he was going to sign up with the LIV golf tour? Cameron was diplomatic but still managed to cut the idiot off at the knees, though it's possible the fool didn't feel a thing.

From the OMG file: Jim Thorpe, one of the greatest athletes ever, has been restored as the winner of the decathlon and pentathlon at the 1912 Stockholm Olympic Games. The reason? He'd won both events but it was discovered he'd made a few dollars playing baseball before the games. The Americans led the charge to disqualify him in a blend of racism (Thorpe was a Native American) and a crazy devotion to the idea of Olympic amateurism; Ireland has beaten *The All Blacks* in Rugby in New Zealand!!! If that doesn't bring on an earthquake in the shaky isles or a stampede of rugby players to Australia to play under Eddie Jones when he returns (if Rugby Australia get their wishes) I don't know what will.

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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, 1918 & Northern Champion, by Bob Mann

Bab has supplied an article from his archives as there is nothing in the newspaper archives relevant from 1946

NABIAC: At a meeting of the A & H Society held on Saturday 10th August, 1918, Mr W.J. McLay received life membership for his valuable service given to the society from the time of his inaugural to his unavoidable departure from the locality. *Note:* Mr McLay was the treasurer of the Society and a bank officer who had received a transfer to another locality

OCTOBER, 1918: MR NOBLE RESIGNS: Mr Harry Noble, the manager of the Dyes Crossing factory has resigned to take up management of the butter factory at Tuncurry

NABIAC, NOVEMBER, 1918: A heavy thunderstorm passed over NABIAC district on Tuesday night. The thunder and lightning was very heavy and a fierce gale accompanied the disturbance. Trees and limbs were scattered about the roads and motor men had to pick their way through fallen limbs.

KRAMBACH, DECEMBER, 1918: KRAMBACH TURF CLUB. The general meeting of the Krambach Turf Club was held in the Krambach Hall on Wednesday 4th inst. About 20 members were present and a good meeting was held with the President, Mr A. Saxby, in the Chair. It was decided by resolution to make next year a short one for members and to finish with the regular racing year on July 31st, 1919, the membership to stand on the old mark 10s10d for gentlemen and half price for ladies. Twenty seven members were nominated to fill the eight positions on the committee for 1919. The club finances were considered very satisfactory as the ledger showed over £70 to credit. Mr Tom Gallagher was again elected Secretary for the coming year and was heartily thanked by the club for the very successful service he had rendered whilst in office.

NABIAC SHOW MEETING: At a show meeting held on January 11th, 1919 a cheque for five guineas was received from Mr T. Miles and

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accompanying same was a request that he be made a life member.

NORTHERN CHAMPION, JANUARY, 1919: Mr N. Weber, who was once a teacher at Koribar, is on a visit to his wife's relations at Darawank. He is now the teacher at Delroy near Mudgee.

A NABIAC MILL - NORTHERN CHAMPION MARCH, 1919: NABIAC and district justly pride themselves on having such a fine sawmill and an enterprising owner at the head of navigation on the Wallamba River. At the new Bullock Wharf stands this mill in a prominent position. Yeas ago it was owned by Mr Fred Phillips, but was accidentally burnt down, then Messrs Eb and Arthur Everingham took up the proposition with determination to succeed. After two and a half years of uphill work Mr Eb Everingham became the sole proprietor and owner. Later he took his son Lyle into the firm so it now stands E. L. Everingham & Son who have worked together successfully for 11 years. The mill employs at least 15 hands with Mr Jas Dunn as foreman. In connection with the mill is the historic log punt "Highland Maid" which was built by Mr L. Steinmetz of Taree at Mitchells Island. Since then the boat has been remodelled and every new appliance fitted in order to facilitate her varied work. She is one of the finest boats afloat for her work and is under the command of Captain Woodward and his brother. All the machinery of the mill is the latest. For instance one sees the newly installed friction gear and roller which are all worked by steam and no hand work at all. All the laborious work has been done away with while modern appliances bring their increased production and efficiency to labour. All this has doubled the output. The mill executes local as well as city orders. By common sense economy and skilled management Mr Everingham and son have built up a sawmill which is a model of its kind. Visitors frequently visit the mill and express surprise at the business like methods and declare the mill master piece of skill and industry.

THE NABIAC SHOW: OCTOBER, 1919—NORTHERN CHAMPION: The committee and office bearers of the NABIAC Show are working day and night with a view to making the next show a bumper affair.

The Failford contingent of the committee went to NABIAC on Saturday night to further the interest of the show.



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Horses and weight gain – the holistic approach

Weight gain is always a hot topic when it comes to equine health. There are many reasons why a horse loses condition or needs condition and extra weight added to their body score, and it's an aspect of feeding that owners often struggle with.

It's important to look at the overall picture, taking into account your horse's health as well as their diet.

Start with the horse's health

Before embarking on a weight gain feeding regime, we must first address the horse's health to ensure there is no underlying reason why your horse is not gaining and maintaining weight.

Health Checklist:

1. Teeth and dental up to date?
2. Worming and parasite control up to date?
3. Virus and infection free?
4. Gastric ulcer free?
5. Is the horse getting at least two per cent of its body weight per day in roughage?
6. Have you changed/ removed external factors that may be causing stress and anxiety?

Top picks for weight gain specific feeds

The calorie dense feed: Pryde's EasiConditioner

This feed has been labelled the no fuss solution for weight gain and muscle building and is an ideal feed for spelling horses, aged horses and horses needing to gain weight.

EasiConditioner will assist with weight gain because it's super dense in calories (14.7MJ), is made with quality protein and all the essential amino acids necessary for muscle and topline building.

EasiConditioner's superior nutrient profile and digestibility will allow you to feed approximately 1kg/day less than a similar pelleted feed making it an economical choice for horse owners.

Grain free weight gain: Johnson's Every Horse Weight Gain

Johnson's Every Horse Weight Gain is a high fibre, balanced feed designed to help increase body condition and muscle development, while delivering sustained, safe energy. Every Horse Weight Gain is suitable for horses and ponies in light to medium work, retired or spelling horses, and competition horses.

Every Horse Weight Gain contains premium grade export quality oaten hay and lucerne hay, lupins, faba beans, full fat soybean (GMO free), soybean oil (GMO free) and Johnson's premium vitamin and mineral premix (including chelated minerals, prebiotics, probiotics, and mycotoxin binder).

Every Horse Weight Gain is a low GI, balanced, slow-release energy feed designed to be gentle on the digestive system and ulcer friendly, containing no grains and is very low in starch.

Senior horse conditioning: Mitavite Gumnuts

Mitavite Gumnuts is one of Australia's most trusted senior specific feeds. It's nutritious and palatable, with a balance of vitamins and minerals formulated in a highly digestible form.

Gumnuts are nutrient dense, providing optimal nutrition for older horses and ponies, which in turn helps increase the horse's body score.

This feed is traditionally used for senior horses, however retired horses, spelling horses and horses in light work will also benefit from being fed Gumnuts.

The economical weight gain choice: D&G Horse & Cattle Fattener Pellets

D&G has formulated its Horse & Cattle Fattener Pellets as a high protein feed, containing 15 per cent protein. This high protein content makes it suitable for mature horses, young horses in work, cattle, young calves, sheep, goats and rabbits.

Horse & Cattle Fattener Pellets are palatable and digestible, containing a premium blend of nutritional elements such as protein, trace elements and vitamins to meet the needs of horses and cattle.

Containing mill mix, steam rolled barley, steam rolled oats, cracked corn, sunflower, lucerne chaff, salt and premium vitamin and mineral premix.

This feed comes in a 25kg bag and is one of the most economical feeds on the market for weight gain.

Keep it balanced – it's about the big picture

Feeding a complete pelleted feed, like those mentioned above, is a great base for your horse's weight gain regime, however, don't forget these important feeding rules to ensure that all the horse's requirements are being met:

- Free access to fresh, clean drinking water
- Feed at least 2% of the horse's body weight in roughage per day (fresh pasture, hay and chaff)
- Feed smaller feeds more often, this is how a horse's digestive



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- Feed by weight not volume and always feed the recommended amount for your horse's weight/ workload
- Don't feed more than 2kg of grain at once as this can cause stomach issue, such as ulcers
- A complete feed does not always meet the required intake of vitamins and minerals if there's a deficiency in the horse or the pasture is depleting them of something (for example horses on high oxalate grasses may need extra calcium added to their diet), therefore it is important to keep it all balanced. Programs such as FeedXL can help you calculate and balance your horse's diet
- Oil is a great way to add extra calories without adding extra hard feed
- Be careful to not overfeed your horse, this can cause issues and will for the most part be a waste of your money as it will pass straight through the horse
- Weight gain, conditioning and topline building takes time, this will not happen overnight but rather over months!



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I'd like to wholeheartedly thank you, the people of the Lyne electorate, for your overwhelming support in re-electing me as your local Federal MP.

I look forward to working with my colleagues, both in the Coalition and across the Parliament over the course of the next term, to continue to make our region and our nation even stronger.

David and Charlotte



Dr David GILLESPIE

THE NATIONALS FOR LYNE

He Listens. He Cares. He Delivers.

THE NATIONALS for Regional Australia

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Welcome to Deb's Gardening.



I woke up the other morning and looked out the lounge room window to a scene from Alfred Hitchcock's 'Birds'. Satin Bower birds everywhere; on the lawn, in the vegetable garden. My immediate thoughts were "Oh my god, my veggies". Sure enough they had stripped all the leaves from the cabbages, broccoli, lettuce and kale. They hadn't touched the peas or carrots yet. So off I went and started to net the vegetable beds, hoping that I will still get some food from the destruction. I take that back that they have gotten into the peas.

I went for a quick trip up to Coffs Harbour and I noted that all the blueberry farmers had their whole farms netted for birds. Does it come down to a point that to grow your own vegetables, one has to net the whole vegetable garden to get a productive crop. In saying that, Blueberry farmers are Monoculture farmers, so netting would be an important factor.

Satin Bower birds feed mostly on fruits throughout the year and in the summer breeding season they eat a large number of insects. During the winter they eat mainly leaves. They also like nectar of native flowers. I have learnt that the Satin Bower birds travel in a flock of a 100 birds, hence the Alfred Hitchcock scene. It seems that I will have a Satin Bower bird explosion in the winter period when they like to feast on leaves, and being an organic garden with no pesticides or chemicals, it is Satin Bower bird heaven.

When I look around the garden, what else is there that I have for them to eat other than vegetables? Not a lot. Yes I have a fruit and nut orchard but mainly citrus fruiting now and they have been eating the fallen fruit. The rest of the orchard is either dormant, lost its leaves or finished fruiting. I have planted a few grevilleas and bottle brushes and flowering gum trees, which are just starting to flower, plus ornamental flowering shrubs and annual flowers but only a few of each. It looks like I will be paying a visit to a local nursery and start getting more native species in, which has always been the plan because I am a big believer in biodiversity which, of course, is the opposite to monoculture. Biodiversity is finding the proper mix of plants and animals that complement, protect and improve the environment around them.

I always encourage birds to the garden as there are so many reasons for having birds in the garden; they help with flower pollination, birds are a natural pest control, and they can assist with the garden's weed control. Birds enhance the biodiversity of the garden. I just wasn't

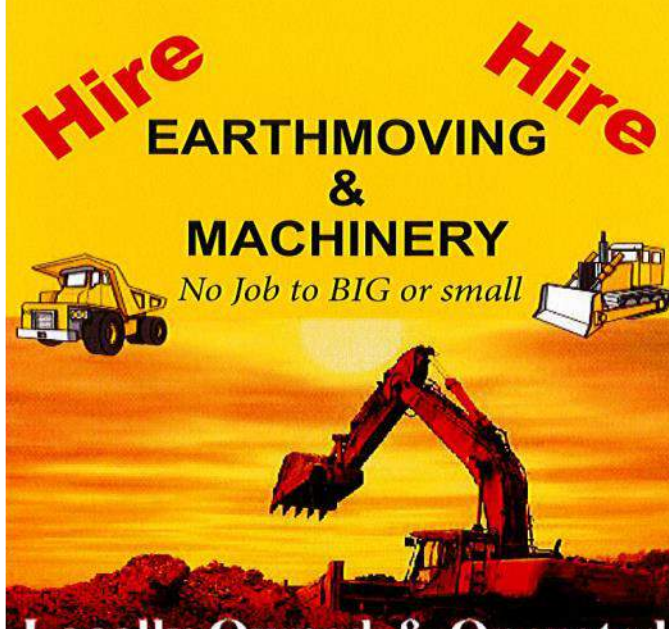
prepared for a bird explosion.

So in the mean time this remaining season, I will be preparing more garden beds for my new native garden so it is ready to plant when the weather is warmer. I am not disheartened, only more determined to solve the problem of a bird explosion without going to the extreme of fully netting the vegetable garden.

Onwards and upwards is the motto for today.

Until next time happy gardening

Deb




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Snippets from Council News

Change to Taree Airport services

The removal of Government grants, rising fuel prices and a lack of passenger numbers have forced FlyPelican to suspend flights between Taree and Sydney from this Sunday. (31.07.22)

Regional flights, including the Taree to Sydney route, have been subsidised by the Federal Government Regional Airline Network Support program, which provided financial support to airlines maintaining connections with regional locations.

The program was designed to support the aviation industry in the recovery from the impacts of the COVID-19 pandemic. This subsidy ceased on 30 June.

"The removal of the subsidy, along with rising fuel prices and declining passenger numbers, has resulted in a decision by FlyPelican to suspend flights out of Taree Airport," Council's Director of Liveable Communities, Paul De Szell explained.

"We are very supportive of FlyPelican, who have provided a reliable service to our community since January 2018, and will continue to work with them into the future in the hope of the service resuming should demand require it."

A small number of passengers who had pre-booked flights beyond Sunday have been personally contacted by FlyPelican and arrangements have been made for their travel.



SMALL BUSINESS FLOOD GRANT NOW OPEN

Small businesses and not-for-profit (NFP) organisations affected by the June-July severe flooding and storms can now apply for up to \$50,000 in support through Service NSW.

Member for Myall Lakes, Stephen Bromhead said the grant would provide a much-needed lifeline to small businesses who have been hard hit by the floods across the 37 natural disaster-declared local government areas.

"These floods have had a devastating impact on our community and we are doing everything we can to ensure businesses and not-for-profits get back on their feet as quickly as possible," Mr Bromhead said.

"Small businesses are the backbone of our local community and this package is designed to provide immediate support to help business owners recover and keep their business going.

"Customer care specialists are available to assist if customers are having difficulty providing the necessary documentation or are not sure if they are eligible, and successful applicants should expect to see funds in their accounts within five business days of approval."

Mr Bromhead said the grant is jointly funded by the Australian and NSW governments and can go towards the clean-up, repairs, re-stocking and reopening.

"Payments of up to \$50,000 can go towards the cost of safety inspections, building repairs, cleaning equipment, materials needed to resume trade, disposing of debris and spoiled stock, or leasing temporary space," Mr Bromhead said.

"Some small businesses have been impacted by flooding four times in 18 months, which is why we're making sure the application process is as straightforward as possible so that support can flow quickly."

Fraudulent applications will not be tolerated. As evidenced during the flood financial support made available by the NSW Government earlier this year, fraud wastes valuable assessment time and delays the time it takes to pay applicants who genuinely need assistance.

To see if you are eligible for the June and July Storm and Flood Disaster Recovery Small Business Grant, visit the [Service NSW website](#).

Businesses that would like to be connected with support can register for a call back from Service NSW's Business Concierge [here](#), or call 13 77 88 for assistance.

MYALL LAKES TEACHER RECOGNISED AMONG NATION'S FINEST

Eighty-five NSW teachers have been recognised among Australia's best at a prestigious ceremony attended by the Minister for Education and Early Learning, Sarah Mitchell.

The ceremony included Myall Lakes teacher, Lianne Stephens who was celebrated for attaining the highest levels of national accreditation – Highly Accomplished or Lead Teacher (HALT).

Member for Myall Lakes, Stephen Bromhead said the accreditation showed that Lianne Stephens had demonstrated highly effective, innovative, and exemplary teaching practices at Wingham Brush Public School.

NEW \$3 MILLION FORSTER-TUNCURRY GOLF FACILITY THE BEST BY PAR

Golfers are set to tee off at the newly-upgraded Forster-Tuncurry golf club, positioning the course as a major regional tourist destination.

Acting Premier Paul Toole said the \$3 million upgrades raise the course to a Group One standard to cater for current and future membership growth, club events and tournaments, helping to bolster local and regional golf tourism.

Member for Myall Lakes Stephen Bromhead said the project also includes a Golf Museum to help raise awareness of the game's history.

"This golf museum is the only one outside a metropolitan area displaying memorabilia provided by the Australian Golf Heritage Society," Mr Bromhead said.

CRIMINALISING COERCIVE CONTROL ONE STEP CLOSER

Coercive control is one step closer to being criminalised in the Myall Lakes, with the NSW Government taking the significant step of releasing a draft bill for public comment ahead of introduction to Parliament.

Coercive control is a form of domestic abuse that involves patterns of behaviour which have the cumulative effect of denying victim-survivors their autonomy and independence. This abuse can involve physical, sexual, psychological or financial abuse.

Member for Myall Lakes, Stephen Bromhead said the NSW Government is consulting on a public exposure draft bill to outlaw coercive control in intimate partner relationships, as part of its ongoing response to the [Parliamentary Joint Select Committee on Coercive Control](#).

"It's important that people in the Myall Lakes have their say on these landmark reforms," Mr Bromhead said.

"Coercive control is complex, is insidious and causes untold harm for its victims."

The new law will create an offence to carry out repeated abusive behaviours to a current or former intimate partner, and will carry a sentence of up to seven years in jail.

Minister for Women's Safety and Minister for the Prevention of Domestic and Sexual Violence Natalie Ward, who chaired the Joint Select Committee on Coercive Control, said the Exposure Draft Bill also introduces a definition of 'domestic abuse' to the *Crimes (Domestic and Personal Violence) Act 2007*.

NEW FESTIVAL COMING TO WALLIS LAKE

Residents in the Myall Lakes will get a chance to hook some of the State's world-class seafood after a series of festivals were launched under the NSW Government's Eat More Seafood Grants Program.

Member for Myall Lakes, Stephen Bromhead is encouraging all locals and visitors to get involved in March 2023 when the celebration comes to Wallis Lake.

"Hosting the event on Friday 24th & Saturday 25th March, 2023 will give our community a really exciting day to look forward to, while showcasing our gorgeous region" Mr Bromhead said.

"The festival will feature fresh catch, mobile food vendors, market stalls, competitions and games. It will also teach people about the importance of sustainable fishing and aquaculture as well as the importance of buying locally."

"It will help boost businesses and tourism locally, which will prove to be a real catch for the region!"

RAPID ANTIGEN TESTS AVAILABLE TO VULNERABLE PEOPLE IN THE MYALL LAKES

The NSW Government will provide free Rapid Antigen Tests to vulnerable communities and expand its existing program to include those accessing tests through the Federal Government's Concessional Access Program, which is due to finish at the end of the month.

The expanded program would allow eligible Commonwealth Concession Card holders in NSW to access 10 Rapid Antigen Tests over three months up until 31 October 2022.

Member for Myall Lakes, Stephen Bromhead said the NSW Government is committed to making sure no one is left behind and ensuring vulnerable communities have the support they need through winter.

"These tests will be available at designated neighbourhood and community centres across the electorate including Forster Neighbourhood Centre, Tobwabba Aboriginal Medical Service, Manning Support Services in Taree, Community Resources Ltd in Tuncurry and Manning Valley Neighbourhood Services in Wingham," Mr Bromhead said.



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Wallamba District Agricultural & Horticultural Society Ladies Committee



Left to right - Jean Paterson, Sylvia Styles, Iris Cummings, Patsy DeKwant (& Margaret Weller in the lower shot)
Back row left to right - Dorelle Schneider, Julie Paterson, Fay Deer, Moya Harris, & Penny Britton



On Friday 1st July
The Wallamba District
Agricultural and Horticultural
Society Ladies Committee held
a luncheon at Hallidays Point
Tavern.

The occasion was to recognise
the outstanding performance
and lasting contribution of
**Jean Paterson, Sylvia Styles,
Iris Cummings and
Patsy DeKwant**
to our committee. The ladies
received a box of flowers and a
certificate of Long Service to
WDA&H Society Ladies
Committee.

We have some new members
working there now and they
came along to meet outgoing
members

These ladies are
**Julie Paterson Vicki Baird
Bec Hoffman and Kerry
Schneider** We welcome these
new ladies and hope they en-
joy their association with
WDA&H Society.

The **Annual General Meeting**
of the Wallamba District A & H
Society Ladies Committee will
be held on **Tuesday 9th August**
at 1.30pm in the canteen at
the Showgrounds. Everyone
welcome.

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Daily history lesson:

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

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

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

(apologies if I have put this one in before)

WIFE FROM HELL !!!!

Not looking up from her knitting the wife says: "Now don't be silly dear, you know that this car doesn't have cruise control."

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once?"

The wife smiles demurely and says, "You should be thankful your radar detector went off when it did."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Darn it, woman, can't you keep your mouth shut?"

The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine."

The driver says, "Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket."

The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving."

And as the police officer is writing out the third ticket the driver turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP??"

The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

"Only when he's been drinking."

Husband & Wife Golf

Out on the golf course with his wife, the husband says, 'Twenty years ago I had a brief affair. It meant nothing. I hope you can forgive me.'

His wife was hurt but said, 'Dearest, those days are long gone. What we have now is far more valuable. I forgive you.'

They embraced and kissed.

On the seventeenth tee, the husband was starting his back swing when the wife blurted out, 'I'm sorry darling, I've been so conscience-stricken since you told me, but since we're being honest with each other, I have something to tell you also. Fifty-two years ago I had a sex change operation. I was a man before I met you. I hope you can forgive me.'

The husband, froze at the top of his back swing, then threw a fit! He slammed the driver into the ground, kicked the ball into the woods, stormed off the tee, pushed the golf cart over on its side, broke the rest of his clubs one by one, then started on hers.

He screamed and ranted, 'You liar! You cheat! You despicable deceiver! How could you? I trusted you with all my heart and soul...and all these years you've been playing off the ladies' tees!'

*Life is like a camera
Focus on what's important
Capture the good times,
Develop from the negatives,
And if things don't work out,
Take another shot*

Fire Engine

A fireman is polishing his fire engine outside the fire station when he notices a little girl next door in a little red cart with little ladders hung on the side and a garden hose tightly coiled in the middle.

The little girl is wearing a fireman's helmet and has the cart tied to a dog and a cat.

The fire-fighter walks over to take a closer look: 'That's a lovely fire engine,' he says admiringly.

'Thanks,' says the little girl.

The fireman looks closer and notices the little girl has tied one of the cart's strings to the dog's collar and one to the cat's testicles.

'Little colleague,' says the fire-fighter, 'I don't want to tell you how to run your fire engine, but if you were to tie that rope around the cat's collar, I think you could probably go a lot faster.'

The little girl pauses for a moment, looks at the wagon, at the dog and at the cat, then shyly looks into the fireman's eyes and says:

'You're probably right, but then I wouldn't have a siren, would I

SECONDS BEFORE DEATH



Good example of a Brain Study: If you can read this you have a strong mind:

7H15 M3554G3 53RV35 7O PR0V3 H0W 0UR M1ND5 C4N
D0 4M4Z1NG 7H1NG5! 1MPR3551V3 7H1NG5! 1N 7H3
B3G1NN1NG 17 W45 H4RD BU7 N0W, 0N 7H15 L1N3 Y0UR
M1ND 1S R34D1NG 17 4U70M471C4LLY W17H0U7 3V3N
7H1NK1NG 4B0U7 17.

B3 PROUD! ONLY C3R741N P30PL3 C4N R3AD 7H15.

Go to page 18 and the correct passage is between the two ads. Did you get it right??

One day God was looking down at earth and saw all of the misbehaving that was going on. So he called one of his angels to go to Earth for a time.

When he returned, the angel told God, "Yes, it is bad on Earth; 95% are misbehaving and only 5% are not."

God thought for a moment and said, "Maybe I had better send down another angel to get a second opinion"

So God called another angel and sent him to Earth for a time too.

When the angel returned he went to God and said, "Yes, it's true.

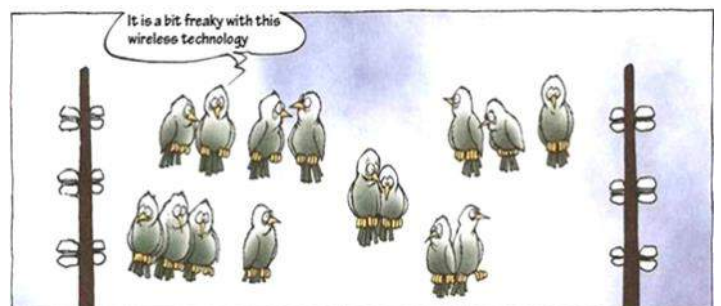
The Earth is in decline; 95% are misbehaving, but 5% are being good."

God was not pleased. So he decided to e-mail the 5% who were good, because he wanted to encourage them, give them a little something to help them keep going.

Do you know what the e-mail said?

No?

Okay, just checking with you. I didn't get one either....





I asked a supermarket market worker where they kept the tinned peaches. He said "I'll see," and walked away.

I asked another and he also said, "I'll see," and walked away.

In the end I gave up and found them myself, in Aisle C.

Isn't English a great language!

Now that I have lived during a plague, I understand why most Renaissance paintings are of chubby women laying around without a bra.

I told you that is do NOT have Alzheimer's.

I have "Some-Timers". Sometimes I remember and sometimes I don't!

Aging:

Eventually you will reach a point when you stop lying about your age and start bragging about it.

This is so true. I love to hear them say

"you don't look that old."



LOVE SENIOR JOKES ...

After his exam the doctor asked the elderly gentleman:

"You appear to be in good health. Do you have any medical concerns you would like to ask me about?"

"In fact, I do," said the old man. "After I have sex with my wife, I am usually cold and chilly, and then, after I have sex with her the second time, I am usually hot and sweaty."

Later, after examining the gentleman's wife, the doctor said:

"Everything appears to be fine. Do you have any medical concerns that you would like to discuss with me?"

She replied that she had no questions or concerns.

The doctor then said to her: "Your husband had an unusual concern. He claims that he is usually cold and chilly after having sex with you the first time, and then hot and sweaty after the second time. Do you know why?"

"Oh that crazy old bugger," she replied. "That's because the first time is usually in June and the second time is in January."

A Russian Jew named Jacob was finally allowed to emigrate to Israel. At the Moscow airport, a customs inspector found a statue of Lenin in his luggage and asked, "What is this?"

Jacob replied, "Wrong question, comrade. You should have asked, 'Who is this?' This is Comrade Lenin. He laid the foundations of Socialism and created the future prosperity of the Russian people. I am taking it with me as a memory of our dear hero."

The Russian customs official sent him on his way.

At Tel Aviv airport, the Israeli customs official also asked, "What is this?"

"Wrong question, sir. You should be asking 'Who is this?' This, my friend, is Lenin, the bastard who caused me, a Jew, to leave Russia. I take this statue as a reminder to curse him every day."

The Israeli official sent him on his way.

When he settled in his new home, Jacob placed the statue on a table. The following evening, he invited friends and relatives to dinner. Spotting the statue, one of his cousins asked, "Who is this?"

Jacob replied, "Wrong question. You should have asked, 'What is this?' This is five kilograms of solid gold that I managed to bring with me from Russia without having to pay any customs duty or tax."

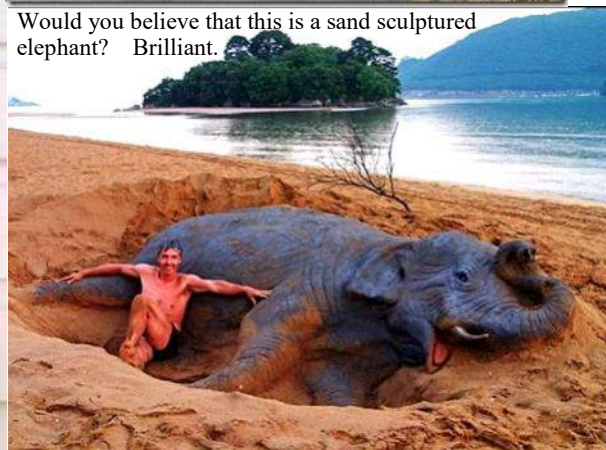
The Moral: "**Politics** is when you can tell the same story in different ways to fool different people and still come out smelling like a rose."



Buttercup recognised your car coming and ran off!



Would you believe that this is a sand sculptured elephant? Brilliant.



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minimbahrural@gmail.com



Hi folks

Hope you can join us for riparian regeneration field day and working bee at Dyers Crossing on **Thursday August 11th from 2pm-4pm.**

The Wallamba Bridges Bushcare Group has been taking on this challenging, flood prone site on Khoribakh Creek with the assistance of MidCoast Council contractors AusEco Solutions.

Join MidCoast Council Bushcare Officer Anthony Marchment and AusEco Field Coordinator Danielle O'Brien for a site overview and a look at the issues - flood impacts, bad vine weeds including a novel passionfruit weed, and our old enemy Privet.

We'll get our hands dirty planting local provenance trees from Mid-Coast Council Nursery, and any help with weed whacking will be much appreciated.



Email joel.kgl.landcare@gmail.com for RSVP and meeting place details.

Joel Dunn

Local Landcare Coordinator

Karuah & Great Lakes Landcare

m 0401 932 533

w <https://www.midcoast2tops.org.au/karuah-great-lakes>



WOMEN OF MYALL LAKES ENCOURAGED TO APPLY FOR RETURN TO WORK GRANTS

Women looking for work will be able to apply for grants of up to \$5,000 to fund technology, training and work essentials to help them return to the workforce, thanks to a \$32 million investment in the recent NSW Budget.

Member for Myall Lakes, Stephen Bromhead encouraged eligible women to apply for the Return to Work Program and tailored support from a Return to Work Coordinator.

"This is an opportunity for local women to build the confidence and financial independence they need to return to the workforce," Mr Bromhead said.

"Women who are experiencing barriers re-entering the workforce can apply for grants of up to \$5,000 to help cover the cost of common financial obstacles such as work clothes or an internet connection.

"Now, more than ever, we need to support women to get into, and return to, the workforce. This program helps equip women with the information, technology and financial support they need to get back to work."

Minister for Women Bronnie Taylor said the positive results of the program demonstrated the value of this investment.

"The feedback from more than 1,500 women who have completed the program was that it works because of its flexibility and tailored approach. 65 per cent of women secured employment, 73 per cent applied for or started education and training while an incredible 98.5 per cent found the program helpful," Mrs Taylor said.

MID COAST 2 TOPS LANDCARECONNECTION PRESENTS



Eco Burn

Fire Skills Expo 2022

Date to be announced

Are you interested in learning how to prepare your property for fire?

Have a plan but not the confidence to carry it out? Have you done all the planning but none of the practice?

Come enjoy a fun day out where you can watch demos on practical skills, explore the fire trucks and have all your questions answered.

You can have a chat with people from:

Rural Fire Service
Tinonee Rural Fire Brigade
Hunter Local Land Services
Mid Coast Council
Mid Coast 2 Tops Landcare
TIDE Aboriginal Rangers



This program is funded through the joint Commonwealth/State Disaster Recovery Funding Arrangements (BORRF/Resilience NSW).



For more information please contact:

Olivia Eglin
Fire Ecology Education Officer,
mc2t.fire@gmail.com
0437 883 995



To sign up click the link below or scan the QR code:
<https://www.eventbrite.com/e/fire-skills-expo-2022-tickets-380050991747>

This is to do with Bunyah News. Any questions phone Olivia Eglin on 0437 883 995 or email mc2t.fire@gmail.com
Apologies for the poor reproduction of the flyer. Ed

Round Robin Euchre

Are you into playing Euchre?

You could join the happy group that plays every Thursday night at the Krumbach Parish Centre, 3783 The Bucketts Way, Krumbach.

It commences at 7.00pm and they would love to welcome more players.

Any enquiries, phone **Helen Legg on 6559 1211.**



"I am proud to be part of a Government that looks at unique solutions for the big issues affecting women's workforce participation through the Women's Economic Opportunities Review."

The Return to Work Program will continue next financial year. Consideration will be provided to priority groups.

For more information, head to: www.service.nsw.gov.au/services/business-industries-and-employment/get-notified-about-return-work-phase-3/return-work-rtw



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Good Medicine

Stress

What do you think of stress? It's something that we all seem to experience at times ... and maybe think of in a negative way. But do you know that we actually need stress in our lives to prevent us being a vegetable! We are told it's not the stress itself but how we handle it that's important.

Have you heard of stress dots ... I hadn't. They are little pressure sensitive dots you place on your hand which change colour when adrenaline changes in your body, and show you if you're under stress.

Wouldn't it be great if we had an internal warning light or small beep 'which cautioned us when we were out of tune with God' or our focus was somewhere else? We do ... it's called tension! Becoming tense is a sure sign that we've taken our eyes off God and are looking at our circumstances instead.

We are 'staring at the problem rather than the solution. And when we do that we are going to get tense'. Stress can be God's way of saying 'get your focus in line: look at Me'. The Bible says 'You will keep in perfect peace all who trust in You, *Isaiah 26:3*.

When we have a problem we think we should DO something. Once when facing an upsetting situation I read the words in *Psalms 46:10* ... 'be still and know that I am God', and I couldn't see how that would help, but it turned out that it was the best thing TO do.

The choice we have is focus on our troubles or focus on the One who holds the solution.

You may have heard of the book called 'The Hiding Place' by Corrie Ten Boom. It tells the story of Corrie's family in Holland and their involvement with the Dutch underground during World War 2. Corrie and Bessie, two unmarried sisters in their fifties, hide Jews from the Nazis in a secret room built in their home. They are eventually caught and sent to women's concentration camps doing hard labour ... conditions are hellish and they see many atrocities. Ultimately Bessie doesn't survive the experience. Two things I remember from the story were *they thanked God for the fleas in their dormitory which



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discouraged the guards from coming in ... so they were able to pray and read their hidden Bible to others and, *they had a tiny bottle of vitamin drops which they shared with other women and it didn't run out till they were freed.

Writing about this time Corrie says – 'The blacker the night around us grew, the brighter and truer and more beautiful burned the Word of God. If you look at the world, you'll be distressed. If you look within you'll be depressed. But if you look at God you'll be at rest.'

It's what you concentrate on that decides your amount of peace ... so when troubles come, focus on God's presence; He has promised He will never leave you.

Psalms 119:114: You are my hiding place and my shield.

The Counsellor

Quotes from thewordfortoday.org.au

Lyn's Larder

If you grow vegies you might have a glut of zucchini so here's a way to use them up

ZUCCHINI & CORN FRITTATA

INGREDIENTS

- | | |
|----------|------------------------------------|
| 8 | Eggs |
| 1/3 cup | Milk |
| 400g can | Corn kernels, drained |
| 3 | Green spring onions, thinly sliced |
| 1 cup | Grated Tasty cheese |
| 1 lge | Zucchini, thinly sliced |
| 50g | Soft feta cheese, crumbled |

METHOD

1. Lightly oil a round ovenproof dish (8 cup capacity)
2. Whisk the eggs and milk in a large bowl until combined. Add corn, onions and half the Tasty cheese. Season with salt and pepper. Pour into prepared dish.
3. Arrange zucchini in a single layer over the top. Sprinkle with the feta and remaining Tasty cheese.
4. Cook in a moderate oven (180c) for about 30 minutes or until just set and top is golden brown. Allow to stand for 5 minutes.

Serve with the rocket and tomato salad.

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

August Mass times are Saturday 6th at 6:00pm - Saturday 13th at 6:00pm - Saturday 20th at 6:00pm
(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) .

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**
We also provide Vacation time care.
Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

August Mass time is Saturday 27th at 6:00pm

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6554 1326

Barb's

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Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

Need to advertise something for sale or wanted to buy or a
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An announcement of a birth, birthday, passing?
Some personal message?
Do it on the back page to get full attention

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)

Jane Hallock, on 6554 1107, 82 Clarkson Street, Nabiac. 9am-3pm weekdays.

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

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAUNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5595 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

NABIAC EXCAVATION SERVICES



Phil & Ben Martin

Mobile: 0407 948 755

Hello everyone,

Time is free, but it's priceless.

You can't own it, but you can use it.

You can't keep it, but you can spend it.

Once you've lost it you can never get it back.

"Belinda ☺"

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 22nd August, 2022.**

Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. **21st August.**

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:

Contact **Fay Deer** on 6559 1562 or **Debbie Gray** on 6559 1475

Nabiac Community

Technology Centre is open on

Tuesday mornings from 9.30am until 12 midday in the Nabiac
Neighbourhood Centre.

We are available to do copying, printing, 20c a side A4 (black & white) laminating, scanning or help with Word, Excel, PowerPoint, emailing, searching the internet or other software problems.

You are welcome to use our WiFi - \$5 for the morning.

Opening is limited to Tuesday mornings only at the moment. Volunteers are needed for us to open other mornings.

Customers are welcome to bring their own laptop to use our WiFi or use our desktop computers.

Alan, Jillian and Sheila.



WHOLESALE - RETAIL - PORK SPECIALIST
Traditionally Smoked Ham & Bacon - Bulk & BBQ Packs
Suppliers to Clubs, Restaurants & Hotels

SPIT HIRE

Glen Rosen

Phone: (02) **6554 1273**
2 Nabiac Street, Nabiac NSW 2312