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Editorial.

Hi all,

It was a sad month with the passing of our Queen Elizabeth. I thought she might be like her mother and make it to 100. She has been the sovereign most of my life and it is strange to think of her gone. May she rest in peace. Welcome in King Charles III.

Weather is still weird. Managed to get 3 fires burnt, got my second fire permit and the next day it rained and has been wet since so now everything is wet again and un-burnable. The mown paddocks are already due for another trim so I presume the cattle farmers are happy that there is plenty of food for their beasts.

Nabiac School is having a 90's Night later in the month to raise some funds and, by their flyer, page 13, it sounds like a fun night to be had.

It is good to see events happening again after our couple of years of lockdown. Seems strange to be able to be free and out and about.

We have a new ad for a sax player/musician and reading his blurb took me back to my younger days when I read that he played with Tommy Tycho's band in Sydney. Don't think I saw him play but the band's name took me back to my 20's when it played at Sydney's Trocadero dance hall in the 70's. They were the days!

Wingham & Valley Vets have started sending articles in and their first is about ticks and your pets. Good information as the ticks have been around for the last couple of months with warm, humid weather.

Had my kid and the kidlet up for a couple of weeks with the dog and on the day before they were going home - you guessed it - paralysis tick on the forehead which we thought we had removed in time, but he wasn't up to date with his treatment, so the cost of an arm and a leg later with an after hours overnight trip to the vet put a downer on the visit. The dog made it through the night and is now ok, but it was a close call.

We have a new Secretary for the Show. Carol Bains has taken on the job and sounds like she has been and done all this before on a grander scale. Looking forward to see how the 2023 show turns out.

I wish her well and hope she has lots of 'helpers' join her - it is a big job to take on.

Daylight Savings has started and I am not quite into the swing of it yet, but the sun has been waking me up at 6am and earlier, so I am nearly adjusted.

Our travelling Grey Ghosts have been on the road again and by the sounds of their report, roads out west are just as bad, if not worse than those here.

Hope you all enjoyed your long weekend.

'til next month

Lyn, & Timidthy (Tilley Cat in spirit)



WHAT'S HAPPENING IN OCTOBER, 2022

Markets & Events.

• Bulahdelah	(1st Sat)	1 st	8am to 1pm
• Blackhead Bazaar	(1st Sun)	2 nd	8am to 12 noon
• John's River Country	(2nd Sat)	8 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	1 st	8am to 12 noon
• Myall Quays	(3rd Sat)	15 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	15 th	8am to 12 noon
• Krambach	(3rd Sun)	16 th	
• NABIAC	(Last Sat)	29 th	8am to 12 noon
• Old Bar	(Last Sun)	30 th	7am to 1pm
• Pacific Palms	(Last Sun)	30 th	9am to 1pm
• Forster Town	(2nd Sun)	9 th	8am to 2pm
• Halliday's Point	(1st Sun)	2 nd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 nd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	15 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 nd	8am to 1pm
• Burrell Creek	(2nd Sun)	9 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	15 th	???
• Taree Rotary Book Fair	(3rd Sat)	15 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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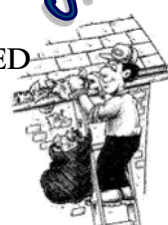
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Nabiac Landcare

The flowers are blooming, every thing in the bush and garden is lush with spring warmth and moisture and the bees are buzzing. We've heard the first Koel and Channel-billed Cuckoo of the season, summer is on it's way. Let's for a moment forget about the mud, weeds and mozzies and enjoy!

The Nabiac Landcare team is continuing to do follow-up weeding at Lily Pilly Bend. If it looks like some trees are dying in the LPB area, they are! We're having a blitz on camphor laurels.

The weed I'd like to introduce this month is the Honey Locust (*Gleditsia triacanthos*). Honey Locust is a deciduous tree introduced to Australia from North America as a source of fodder and a garden plant. The flowers are sweet and the seed pods are attractive to animals that consume them and spread the seeds. Seeds can be swept downstream and set up new infestations. It prefers moist, fertile creek and river flats but it's tough and will grow just about anywhere. Locally, I've seen it in the Dyers Crossing area. Once you come in contact with the massive branched thorns that grow from its trunk, you will never forget it! Those thorns are also a hazard for wildlife, livestock and tractor tyres. Honey Locust can be tricky to kill so consult [NSW WeedWise](#) or contact your local weeds officer for advice.



Crofton Weed (*Ageratina adenophora*) is beginning to flower. The best time for chemical control is late summer and autumn so if you've missed that control window, slashing or mowing is an option to slow it's growth and prevent the plants setting thousands of seeds that will blow away in the wind. If you're doing a bit of hand removal cut off the flowers and don't rest the remains on bare dirt—I think crofton weed calls that transplanting!



Nabiac Landcare normally works each Wednesday (weather →

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Ron Coafield

Ron was a professional sax, flute and clarinet player working for the BBC and bands in London before moving to Australia where he played lead saxophone with the *Tommy Tycho Band* (Sydney) and worked as a duo on the central coast before moving to Dyers Crossing in 2021.

He plays sax, flute, vocals and guitar in various styles from Buble' to Rock & Roll and is available for weddings and party bookings

←permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools and safety gear are supplied by MidCoast Council. Give us a ring if you are interested.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy the local bush!

Liz Rees

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Between the Pages

Nabiac Library News

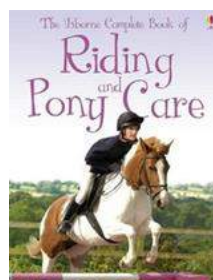
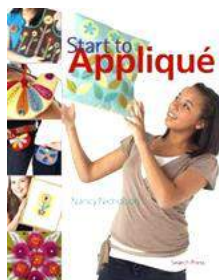


Hello to all our local Nabiac community. It is time to dust off those winter blues and spring into summer! Now is a great time to explore our beautiful outdoor environments and to drag the children away from their electronic devices.

The Spring school holidays are currently happening; with the long Summer holidays almost on the doorstep. Nabiac Library offers some fabulous resources to help parents and grandparents entertain their young folk; to engage them in creative pursuits, and at the same time to help them learn some new skills. Let's get creative with some holiday ideas for children. Nabiac Library offers books on:

- *Things for Boys to Make and Do by Emily Bone.* Published by Usborne Activities. This provides step by step instructions for making a variety of 'boy' stuff.
- *Kite Making Handbook by Giuseppe Ferlenga* ---- "Let's go Fly a Kite"
Suitable for any novice kite enthusiast, this volume traces developments from the history of kite flying in Ancient China to present-day international kite-flying festivals. There are step-by-step instructions for building numerous kites, from plain flat, through box to acrobatic flying models.
- *How to Play Chess by David Levins.*
This age old game teaches strategy and planning and can be played over a number of sessions and situations. Why not sit down together and learn this International skill!
- *Australian Geographic Brick by Brick Dinosaurs- 15 awesome Lego projects*
Love dinosaurs? Love LEGO? If the answer is yes, you'll love this book! 'Brick by Brick Dinosaurs' will teach you how to build amazing dino projects, giving step by step instructions – simple and easy. And all you need for it to work are LEGO bricks! Not only will you learn how to build amazing dinosaurs; you'll also learn a bit more about them, through the information scattered throughout the book.
- *Donna Wilson's Creative Creatures- a step by step guide to make your own creations*
Donna Wilson shows how children can make their own collection of stylish crafts--all with the help of a winning cast of knitted friends. Readers will learn how to easily create pop-up greeting cards, a phone cover, dress-up clothes, a stuffed felt mobile, along with many more practical and adorable crafts.

We also have a series of books in our children's non-fiction section that may inspire you.



So come on into Nabiac Library and get your children or grandchildren creating with you!

September School Holiday Activity for children at Nabiac Library

Still on all things crafty for children, Nabiac Library hosted their Spring holiday craft activity on Friday 30th September 2022. The focus was on making creative gift bags and the two children attending with their Mum had a great deal of fun creating some amazing gift bags. Here are some photos from the event.



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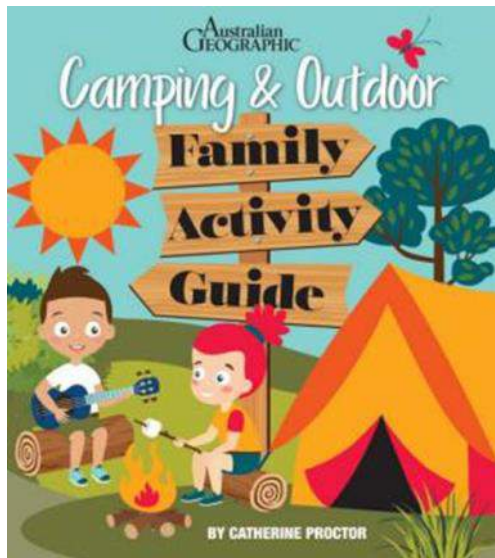
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Final results – don't they look great!



PS: NABIAC Library would love to see more participants in their school holiday activity programs. Please keep an eye out for what we may offer for children in January 2023.

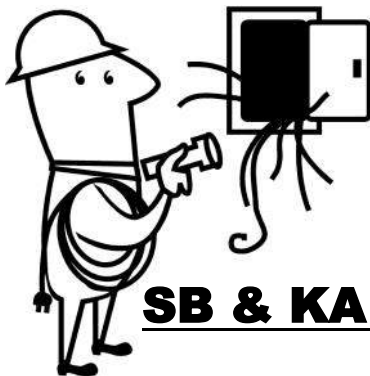


TRAVEL TIME: It's time to get out and about and explore!

Maybe your family would prefer to experience the great outdoors that our wonderful Australian natural environment offers. Many families are now seeking the outdoor camping and travel options our country provides. To help you with this our NABIAC Library offers the Australian Geographic “Camping and Outdoor Activity Guide.”

This book is packed with hundreds of outdoor and camping activities you can enjoy as a family when camping, visiting your local park...or even just in your own backyard! Family campers will find everything they need to know, including what to pack, equipment needed, campfire recipes, games and outdoor skills. Teenagers will enjoy learning how to use their devices to engage in nature with geocaching, becoming a citizen scientist or even filming a documentary. In your own backyard there are activities for the whole family, with ideas for outdoor movie nights, backyard camping and Olympic games events, as well as sensory play experiences for younger kids. Whether you're planning a camping trip or simply want to get your kids off their screens and playing outside, there are plenty of exciting activities to get your entire family making the most of the great outdoors.

Please visit us at NABIAC Library in the Showground at 44 Clarkson St NABIAC. We are open:
Monday & Tuesday from 3PM-5PM
Thursday & Saturday from 10AM-12 Noon
See you at the Library!



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Nabiac Memorial Neighbourhood Centre Association

Change of Date for AGM.....After setting our AGM date for 13th October we realised that it was to be the same night coinciding with MidCoast Council's Community Conversation for Nabiac. We decided to postpone our AGM to **December 8th** at 7pm at the Neighbourhood Centre.

The meeting Agenda will be:-

- ♦ Reports from the President, Treasurer and the sub committees (Nabiac Second Chance Opportunity Shop; Nabiac Community Technology Centre; Nabiac Village Futures Group; Aub Ferris Sports Complex Redevelopment; Nabiac Landcare; Nabiac Farmers Market; Nabiac Nook; and Mid North Coast Quilters.)
- ♦ Election of Committee members – President, Vice President, Treasurer, Secretary and ordinary committee members.
- ♦ Revision of Constitution
- ♦ Appointment of Public Officer and bank signatures

Nominations are to be received by the Secretary before 7pm Thursday 1st December 2022. Nomination forms are available [from](#)

the Secretary secretarynmnca@gmail.com

Phil Costa is the Returning Officer.

All financial members are welcome to attend. Please note that the members payment of fees are due (\$2 per member) by 30th September 2022.

A meeting of the new Committee will be held immediately following the AGM.

Since our August meeting we've been busy with many decisions including a termite infestation in the PreSchool part of our premises. Luckily the PreSchool cleaner noticed their very quick spread since an inspection earlier this year. Bill Sites is our friendly pest controller who has dealt with these little pests and has a plan in case they have chomped further into the building.

Louise Collins,
secretarynmnca@gmail.com



JOIN THE CONVERSATION AT NABIAC

As part of our Local Community Conversations program, we're heading back out to Nabiac to follow-up on discussions from earlier this year, and to provide updates on what's happening near you.

It's also a great opportunity to meet your Councillors and ask us any questions you have about what we do or share concerns you may have.

Nabiac Showground Hall
Nabiac Street
Thursday 13 October

6-7.30pm

LOCAL
COMMUNITY
CONVERSATIONS



Scan the code for more information about our Local Community Conversations program, and for the full schedule of dates and locations.



Tick Paralysis: A Guide for Pet Owners


Throughout August and September Wingham & Valley Vets have been seeing increasing numbers of tick paralysis cases in cats, dogs and calves. These cases are coming in from all over the Manning Valley and are occurring exclusively in animals that are not on a regular effective tick prevention product. This also included one case in a severely affected cat that was housed only indoors, 100% of the time! The paralysis tick must have been carried inside on the owners' clothing, which was extremely unlucky, but happily, despite having very severe symptoms on presentation, the cat responded to intensive care, 48 hours of supplemental oxygen and treatment with tick antiserum.

Often, the owners of the tick patients are unaware that tick paralysis can occur during the cooler Winter months and early Spring, and so are shocked and upset that their pet has become unwell. Tick paralysis can and does occur all year round in this area and so it is very important to have your pet on an effective preventative product throughout the year because unfortunately, emergency treatment is not always successful, especially when animals present late in the disease course, once their breathing is affected by the tick toxin.

Symptoms of tick paralysis include incoordination or weakness of the hindlegs resulting in a wobbly gait or inability to rise, regurgitation (which is often reported to us as vomiting), changes in meow or bark and difficulty breathing. The tick toxin causes paralysis of the muscles – often, but not always, the legs are affected first and then the paralysis ascends until it paralyses the lungs, eventually causing death. When a pet displays symptoms of tick paralysis, prompt removal of the tick and treatment with the tick antiserum (which works by neutralising any free toxin in the blood stream) is essential to halt the progression of the disease. After treatment and because of the way the toxin works, most animals' symptoms will get slightly worse before the tick antiserum starts to improve them and so it is very important to treat animals early in the disease course, when symptoms are first noticed, ideally before their breathing becomes affected.

Some severely affected cases that come in with difficulty breathing and poor blood oxygenation need to be put on supplemental oxygen in intensive care and so it is always preferable to administer the serum before symptoms progress this far, to maximise the chances of survival.

If your pet exhibits any of the above symptoms **DO NOT WAIT**. They



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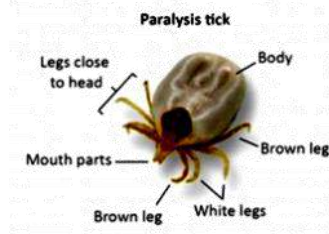
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should be examined by a Vet urgently so they can have the tick antiserum as early in the disease course as possible.

Paralysis ticks can be identified by looking at the legs. A paralysis tick (*Ixodes Holocyclus*) will have two pale legs and two brown legs on either side of its head – other ticks will have all brown legs. It is particularly important to tick search pets every day, focusing on the head, neck, ears and fore-quarters as the majority of paralysis ticks can be found there. If you find a paralysis tick, pull it straight off and put it in a jar for your Veterinarian to identify.



The two main preventative products Wingham & Valley Vets recommend and use on their own pets are Nexgard and Bravecto, since they are very well tolerated by pets and are highly effective at preventing tick paralysis.

If you are concerned your pet may have symptoms of tick paralysis, Wingham & Valley Vets offer a 24-hour emergency service to ensure prompt Veterinary treatment is always available.

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade would like to publicly congratulate our newly qualified bushfire fighter who just happens to be a lady - not just a female; but a lady. This now means that with four active female fire fighters in our Brigade, we have the capacity to send out an "all-girl" crew because amongst them, our ladies have Crew Leader, Truck Driver and Bushfire Fighter qualifications. Now that's not bad.

If you happen to see the "all-girl" Minimbah crew out and about, please relax in the knowledge that they are all qualified and know what they are doing. There's no such thing as a "girlie fire".

Now, just in case you are thinking of letting your pile burn escape so you can get a visit by our special crew don't. Don't even think about it. Don't let it happen. There are costly rules and laws designed to discourage this.

It is your fire, and therefore your responsibility. It must not escape your property.

DO YOU HAVE A BURNING DESIRE?

Given that it is now the Bush Fire Danger Period, we have upped our level of precaution when it comes to fires being lit in the open. We need you to up yours.

First of all, you must prepare the area around your proposed burn, and the pile itself, to a controllable standard and you must get a **free Fire Permit**.

Regardless of the time of year, you are **required by law to give at least 24 hours' notice** of your intention to burn, to your neighbours (be they across the fence, across the road or across the river) and to your local NSW Rural Fire Service office. This can be done online at www.rfs.nsw.gov.au/notify or if you don't have the means to go down that track, you can call **Mid Coast Fire Control Centre on 1300 643 262**. It is a very simple thing to do but is extremely important to us. It saves time, resources and possibly your property or life. It is

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Fire Permits will be suspended on days when the Fire Danger Rating is High or above, or when a Total Fire Ban or No Burn Day has been declared.

These ratings do not indicate that there is a fire. They indicate the level of risk if a fire were to occur.

When preparing the piles you wish to burn, bigger is not necessarily better. Far from it. Long and low is the way to go, so don't go reaching for the stars.

It is not wise to pile up trees or branches that are large as they take a long time to burn. This may keep you up at night because a responsible adult is required to be in attendance while the fire is burning. Green vegetation such as grass and weeds, do not belong on a fire, but woody weeds such as Lantana are more than welcome. In fact, that is about the only place they are welcome.

You will need to show that you have the means (preparation, personnel and equipment) of controlling and the capacity to contain your fire.

Once you are satisfied your fire is out and there is no risk of it reigniting, you may leave it and go to bed, but a check first thing in the morning, or even during the night, would really put your mind, and our minds, at rest. Our advice is follow the advice of the Permit Issuing Officer (PIO). They can, and will, advise you on the rules, regulations and recommendations relevant to your proposed burn.

To find out the name and contact details of your nearest Permit Issuing Officer, 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, or phone **1300 643 262**

Report unattended fires to Triple Zero (000)

The new Fire Danger Ratings will give you clear actions to take.



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News from Nabiac Second Chance Op Shop

Closed Wednesday 5th October, 2022

Wishing everyone a great long weekend. If you are planning to travel please take care.

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. Please see full page advisement.

I would like to take this opportunity to welcome **Indigo Fardell** to our team of volunteers. Indigo is 16years old and still at school. She is doing a really good job and it has blown us all away that a young girl would want to volunteer.

We are all very happy that she has joined us and she loves every minute of her shift. Indigo works Saturdays due to studying commitments. It would be great to see a few more young ones volunteers.

Defibrillator:

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

Shop:

A friendly reminder about donations. Please do not leave your donations on the front veranda as it is coursing a safety hazard when we go to open up in the morning. Climbing over them to open the doors can course an accident.

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

The Op Shop had another good month for sales and donations for September 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 are just as much from the community as they are 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.

We have been busy stocking up on the summer clothing. Winter clothing is still available.

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 and CD's until further notice in the shed. 15 DVD's for \$5.00. CD's 3 for \$5.00. Books are \$1.00 . We also

have a sale on children's books - 3 for \$5.00. Come in and go through our large collection, you are sure to find that DVD you have been wanting to watch.

Plastics Bags:

As of the 1st of September if you require a bag for your purchases the cost will be 50c a bag. These funds will go back into the community as a donation.

Please remember to bring your bag's with you when visiting the Op Shop.

Donations:

A friendly reminder we are unable to accept and sell all electrical appliances, Toys, beds, mattresses, babies and child car seats, cradles, cots or mattresses. No internet modems as these should be sent back to the supplier.

Please be mindful when donating.

When putting your donations in the donation bin please do not put large items in the chute as it will damage the door and the bin.

Your co-operation is greatly appreciate.

Please remember your bags.

Kind Regards

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

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email: greatlakesair@bigpond.com

Show News

Shortly after the WDA&H AGM was held in August, someone approached me to say there was a Secretary vacancy. I applied and met with the committee and was accepted for the position.

I am **Carol Baines** and hail from New Zealand. After many years as an accountant, I went back to university and obtained a teaching degree. When I graduated, my husband and I packed our bags and headed for Australia to teach. We got bitten by the travel bug and went on to work in South Korea, Japan, China, Russia and then into Europe.

Both in our fifties, we roamed around Europe and various other parts of the world before we returned to Australia. I finished my teaching career after ten years and we decided to settle in this area as we are both keen fisherman and like nothing more than a day on the boat offering the fish various tempting delights which they eagerly consume without having touched the hook.

Both Alan and I bring knowledge and experience in being involved with the organising and running of shows in New Zealand. The main one being the *Hastings Blossom Festival* culminating in a parade of over 200 floats and bands. The show also ran the largest *Highland Games* in Australasia (at that time) The Highland Games were run over four days and the Blossom Festival was held on one day but the lead up was over six weeks which included concerts, the selection of the Blossom Queen, side shows etc.; (91)

One of the activities we have received sponsorship for is the Tug-o-War contests that were held this year. In March, 2023, we envisage a men's team, a women's team and a student's team (12 and under). If you have a group who would like to start training and compete, this is the time to start getting your fitness and strength levels up to be able to pull the rope over the line and win.

In conclusion, I acknowledge the shoes left by *Sally Henderson* (immediate past secretary) are large but the committee are people who work tirelessly for the community and we all bring our talents together to create a show for everyone to enjoy. If you have enthusiasm and keenness, please feel free to come along and join in.

Carol Baines – WDA&H Secretary

Phone - 0404 963 779

Email – secretary_wdah@outlook.com

Information – www.nabiac.com/show

NEXT SHOW – Sat. 11th March, 2023

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Nabiac Village Futures Group News



Nabiac Strategic Plan Review....Our planned stall at the September Farmers Markets to spread the word about the community participating in review of our plan was cancelled. As you will all be aware the September Markets were cancelled due to continuing wet weather problems at the Showground.

We're planning to chat with people at the **October Farmers Markets**, so keep an eye out for us.

A reminder of the date for a **community meeting at the Showground** to discuss priorities for our community – **Wednesday 16th November from 6pm** – details to be announced as we get closer.

Our vision for Nabiac since 2004 has been that it is a vibrant rural village, that is family friendly, with improved facilities for all ages.

We'll be asking you to think about ideas for Nabiac.

The Strategic Plan sets out how we will achieve this. Its **our** plan, **not** MidCoast Council's plan.

Our group had the opportunity to have an informal discussion with MidCoast Mayor, *Claire Pontin*, last month in Nabiac. We were able to highlight our need for safety measures such as lower speed limit in the area of the shops and the need for additional parking especially for visitors to our town.

MidCoast Council are holding their **Community Engagement** meeting on 13th October at the Showground.

Thumbs up to the organisers of the recent **Swap Meet at the National Motorcycle Museum** who must have put in a lot of work in a small area under difficult conditions. And thumbs up to the enthusiastic folk who organise the **Wallamba Share Cart** at the Anglican Church, it's a great way to share and show that you care.

Our next meeting is Wednesday 5th October, 7 pm at Neighbourhood Centre.

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com

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Nabiac Pharmacy News



The "Silent Killer"

High cholesterol levels used to be good when humans didn't have a regular food source and for recovering from injuries when hunting down prey. This wasn't a problem because most ancient people didn't live past 40. In the 21st century high cholesterol levels are bad because we have reliable food supplies and we don't have to hunt down prey and we have long lives..

High cholesterol levels cause a lot of premature deaths in Australia, contributing to blocked arteries and the leading cause of death in Australia which is Coronary Heart Disease.

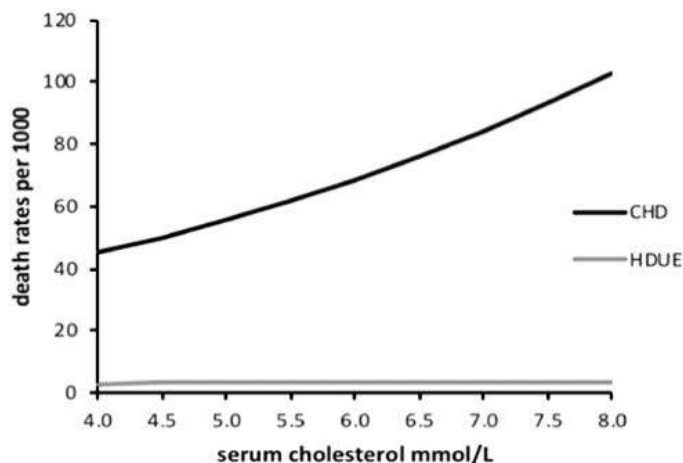
At Nabiac Pharmacy we pride ourselves in getting health information across to people in an understandable and un-patronising way.

The graph below was a study of almost 50,000 people and shows high cholesterol levels basically doubles the rate of Heart related deaths.

The reason that we wanted to show this message is that a lot of people don't worry about cholesterol because you never actually "feel" anything. The problem is that it is doing damage if left unchecked.

So just briefly, if you have high cholesterol, you halve your chances of something bad happening just by taking anti-cholesterol medication.

Cardiovascular deaths over 5 years vs cholesterol



*Menotti et al 2019.

Tim

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Nabiac Showground,
Nabiac Street, Nabiac



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

NEXT market: 29th October.

*****2 market shopping days until Christmas!*****



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*fresh produce *seedlings *specialty tea
*turmeric *flowers *garden-art *chooks
*dog care *beer *seedlings
*original jewellery *sourdough bread
*market BBQ *food *live music.

Fresh is best:

Buying fresh local produce is nutritious for your body - packed with vitamins and minerals to keep you healthy and give you lots of Energy



Market News:

♦ **September market cancelled** We were sad to cancel the last market- due to rains and mud.


♦ **Our stallholders love your business!**
We encourage you to seek out our wonderful producers, many of whom hold stalls at the other markets in our region and who are often open to business on non-market days. Check out Facebook, group chats and the local network.

♦ **More fresh produce:** 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




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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 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).

Single use 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.

♦ **Events.** We have been chatting with our local Nabiac school about some potential events involving the pupils – exciting!

See you at the next market Bring your shopping bags and get ready to shop BIG, ready for 'daylight savings BBQ time' and Christmas

We regularly post info and updates on Instagram and Facebook. Follow us and stay in-the-know!
nfmcoordinator@gmail.com
www.nabiac.com
0438 012 781



Thank you to everyone in our community 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 October market.

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




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Diane has once again produced another of her beautiful calendars for 2023. It is filled with photos of local Rural & Rustic buildings around Krumbach, Dyers Crossing, Firefly and Nabiatic, to go with her previous calendars' photos as an historic reference collection for you to keep.

They are superbly printed in Australia on thick GSM paper, spiral bound, A4 opening to A3 size with lots of space to write your appointments on.

A limited edition, so don't miss out; an ideal Christmas present or keepsake. Currently available from Krumbach Post Office & the Village Café at Nabitac or by contacting her directly on 6559 1898 or email fotografsbydiane@gmail.com

*Postage can be arranged within Australia for a small extra cost or ask for a quote to send Overseas.

Also available are her Ceramic, cork backed drink coasters sets (4 in a box) with similar Rustic & Rural themes.



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NABIAC VILLAGE FUTURES GROUP

NVFG is a community group who oversee the Nabiac Community Strategic Plan, identifying the community's vision for the future and the priorities and actions the community has identified to achieve this vision. Priorities contained within this plan will be reviewed in 2022 to ensure that the priorities remain reflective of the emerging needs of the community.

Nabiac Farmers Market

Keep an eye out for our stall at the next market, Saturday 29th of October. We would love to chat to the community about participating in the Nabiac Strategic Plan Review.

Community Meeting

A community meeting will be held at the Showground to discuss priorities for our community on Wednesday 16th November from 6pm. We will be asking the community to think about ideas for Nabiac. Our vision for Nabiac since 2004 has been that it is a vibrant rural village, that is family friendly, with improved facilities for all ages. The Strategic Plan sets out how we will achieve this. It's our plan, not Midcoast Council's plan.

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Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com

NVFG
looking out for our
community
and preparing for
future generations.

Next Meeting:
Wednesday 5th
October at 7pm at the
Neighbourhood Centre

NABIAC

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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" - 1900 - 1902

THE UPPER WALLAMBA - APRIL, 1900: There is not much news of importance in our midst at present. The weather has been very dry until yesterday when 1½ inches of rain fell. It is thought that we shall have a dry and severe winter, which already seems to be upon us. The chief topic here, like all other places, are the plague and the war and the latest news is always anxiously looked for, especially the "extras" furnished from your office. Mr J.J. Gallaher, auctioneer, disposed of Mr J. Wards household effects last Saturday at satisfactory prices, everything being sold but five horses and those, I think, were disposed of privately. Easter Monday passed by unnoticed except for the cricket match. Morpeth v the Wallamba at Nahiack, of which you have had an account. The local military corps, of which such a lot was said, seems to have died the death that most new moves do in this district. The same things seem to have happened on the Manning for we hear nothing fresh about the movement there. Mrs George Monk of Brown's Creek met with a painful accident last Tuesday. While standing near the fire she was overcome by a fainting fit, falling into the fire. The screams of her children were heard by her husband who happened to be near at hand and he immediately rushed to the house and prevented what would have been in all probability have proved a distressing fatality. As it was Mrs Monk was severely burnt about the face and hands, but I am pleased to say that she is progressing favourably. Mrs Helm of Brown's Creek is able to move about again after a severe illness. She is, I think, the oldest lady on this river being 88 years of age.

NABIAC - OCTOBER, 1902: The annual meeting of the Wallamba River Progress Association Committee was held on Thursday night last in the School of Arts, Nahiack. Mr E. Gorton, J.P. was elected President (unopposed) for the ensuing year. Messrs Hugh McKinnon, J.P., John Breckenridge, J.P. and Chas Wooster, Vice-Presidents. Mr Thos Startin was elected Hon. Secretary and Mr John Beisler, Treasurer. On the motion of Mr Hugh McKinnon, it was resolved to

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more.....

ask for the establishment of a tri weekly mail service from Booral via Bulahdelah, Coolongolook and Nahiack, to Taree. Mr John Breckenridge brought up the matter of an application for a Government building for a Court House and Police Station, when it was resolved that the present Police Station and Court House are adequate for the requirements of Nahiack for some time to come. Mr Hugh McKinnon proposed that the Minister for Works be asked to grant a sum of money for the erection of a bridge over the Wallamba River near the crossing. Carried. Mr James Harly was washed over the crossing on Monday last, and he and his horse narrowly escaped being drowned. The crossing was flooded at the time. Some time ago Mr Arthur Beisler was washed over with his horse and cart, so that it is time that some further move was made towards getting a bridge. Over 8 inches of rain have fallen at Nahiack during the last fortnight and grass is abundant. The creeks and waterholes have all had a good washing out and are now full of water. The opening of Mr F. Phillips new store created quite a stir on Saturday last. This building is an ornament to Bullock Wharf and it is hoped that Mr Phillips will be well repaid for his enterprise. His beautiful shop front of glass, artistically decorated, is quite a new departure here. The S S Commonwealth now comes to Bullock Wharf every week.

AGRICULTURAL AND HORTICULTURAL ASSOCIATION AT NABIAC, JUNE, 1902

A large and enthusiastic meeting was held in the Nahiack School of Arts on Saturday 16th June for the purpose of forming an Agricultural and Horticultural Association on the Wallamba. Mr H. McKinnon, J.P., occupied the chair. Judging by the attendance from all parts of the district and the enthusiastic manner in which the movement has been taken up, it may be taken for granted that the establishment of an A & H Association on the Wallamba has now become an assured fact. On the motion of Mr James Milliken, seconded by Mr J. Logan, the following resolution was unanimously agreed to. "That this meeting is of opinion that the time has now arrived when an Agricultural Association should be formed in this district." A considerable amount of discussion took place as to the amount that should be charged for membership. A fee of 10 shillings was eventually agreed upon. Messrs H. McKinnon, Jas Gleeson and Chas Wooster were appointed to choose a site for the showground and to make application to have the land dedicated for that purpose. A large committee was appointed to canvass the district for members and it was decided to meet again at an early date to report progress. About 30 members were enrolled at the meeting.

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The Natural Space. Holistic Nutrition & Wellness coaching – Laura Pennington. Let's chat! Get in touch via the website, FB or Instagram. www.naturalspacenutrition.com

As we age, so do our bones! Recently, my cousin Tania, who works in women's health, highlighted to me just how common bone loss is, especially for women in their post 50s and how important it is to look after your bones. Men too! It might happen a few years later for men, but bone loss can still happen. It's encouraging to know that there's plenty of you can do to look after your bones.



Ideally, we should eat and exercise for healthy bones *all* our lives, but whatever age you are, you can strengthen bones or reduce bone loss with nutritious food and weight-bearing exercise.

Start today! Here's 6 tips for you

Building Bone Strength

1. **Focus on what you can do**, not what has already happened. Think about everything your bones do, every minute of every day. Your bones work hard for you! Picture them being strong and healthy.
2. **You can nurture bone health**, even if you are a few decades into your life, whatever your starting point. Tell the younger people, start young, and have strong, flexible bones for life.
3. **Move:** Exercise, especially weight bearing exercise is a major component for bone health. Engage a trainer, join a gym or class, lift weights (or tins from the pantry!), or push a wheelbarrow. Find what works for you.
4. **Eat whole foods:** This means real, unprocessed foods. See the list below. A balanced diet is always recommended. There is no need to obsess over any particular food or nutrient. Avoid highly processed foods, which can contain synthetic fats, and may inhibit absorption of key vitamins and minerals.
5. **Build a healthy gut microbiome:** The messages sent around the body by your gut microbes are key to ensuring nutrients as are used properly by your body, which is important for bone health.
6. **Read my full blog about strong bones:** Head to the website & type "Bone Health" into the search.

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Food: Micronutrients; minerals & Vitamins to support Bone Health

- **Vitamin D:** A hormone which the body makes from sunlight. A few minutes a day on exposed skin - depending on your age & geographic location. Food sources include Cod liver oil; beef liver; egg yolks or supplements. Vit D plays a role in calcium absorption and vitamin K production. Our bodies make less Vitamin D as we age.
- **Vitamin K:** Promotes calcium in your bones, whilst ensuring correct levels of calcium are maintained in the right areas of the body. It is key for bone, heart, and blood health. Sources: Leafy greens. Kale, spinach, broccoli, lettuce, beef liver, avocado, egg yolk, kiwi, prunes, sprouted greens.
- **Calcium:** Leafy greens. Cabbage, broccoli, cheese, milk, yoghurt, tinned fish with bones, dried figs, almonds, legumes, edamame, seeds, such as chia & sesame.
- **Magnesium:** Has many roles in the body, such as helping your body absorb other nutrients. Food sources: Nuts, seeds, whole grains & legumes.
- **Boron:** Spinach, Kale, apples, dried fruit, milk, beans, spuds.
- **Nourish your good gut bacteria:** Ferments & prebiotic foods. Sauerkraut, yoghurt, cultured cheeses, high fibre plant foods such as leeks, asparagus, celery, broccoli, flax meal, quinoa.

* Eat a whole food, balanced diet and you won't need to overthink this.

NOTE: Blood thinning meds: Vitamin K is instrumental in ensuring the blood clots appropriately. If you're on blood thinners, this is something to be aware of.

Supplements are available, and can be a key resource, if your body is lacking any minerals or vitamins. Too much or too little of any nutrient can be detrimental to your health. Get your levels checked out with your health practitioner and take supplements which are right for your body, not because of something you overheard at the hairdresser.

Head to the website for blogs: Recipes, gut health & healthy living.



thenaturalspace www.naturalspacenutrition.com

Message me on FB or Instagram, or via the website to arrange a consultation. Questions welcome. 30-minute free chat available. Find out how we can work together toward a healthier you. Eat Well & Be Well everyone,

Laura xx.



Minimbah Rural Management & Maintenance

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Our Grey Ghosts have been on the move again

Following an earlier trip out west last month we go again. The trip over Thunderbolts Way was slow in the rain and mist, stop at Nowendoc for morning tea to find the small shop that has been there forever has closed. Onto Tamworth and spend some quality time with the *Fallowfield's*. Some oldies may remember *Frank* and *Ans* when they lived in Bunyah.

Heading south and the country looks great but as is the case on the coast not possible to do any farm work. Late planting of canola in places as there is a green tinge in the yellow crop. South again and have some detours due to flooding around Spring Ridge and spent two nights in Gilgandra. More canola in various stages of growth. On again with more flooded roads and boxed in a bit at Trangie where we camp in a very wet and rustic caravan park. Namoi Cotton has 12 gins in NSW, the Trangie facility at the moment has perhaps 1,000 bales stacked by the roadside.

We meet up with *Sue* and *Garry Turney* from Nabitac who have entered their vehicle in a National Chevrolet meet in Forbes. Some fine weather at last but aware of the wet at home with the swap meet on the same w/end.

Stop at Parkes to pick up some stuff and head onto Forbes. Great day here and some 140 very expensive as well as unique Chevrolets. Good atmosphere and fierce attachment to the brand, mention Ford at your peril.

By ourselves again and attempt to travel by the shortest route to Leeton. Nup, roads awash or considered too dangerous so the long way round again. One could wear out a steering box on the Newell Highway we are on. It is a continual weaving and stressful due to the dangerous surfaces. Would have thought that the RMS would have had a bit of a go at helping western road users keeping this vital roadway between Melbourne and Brisbane in better shape. No evidence of any repairs being done.

Stop overnight at Rankins Springs, 300 souls here and one of the nicest shower/toilet blocks we have seen, a small dot on the Mid Western Highway but not worth the \$25 as the power was out.

An hour plus to Leeton, Coastal wattle grows perhaps to 2m. On the roadway between RS and Leeton, wattle is sometimes 6 m tall and in full bloom. With self planted canola by the roadside also in bloom and the contrasting green Australian pine (*casuarina equisetifolia*) one is driving through an avenue of green and gold for, at times, many kms

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In the 700 kms since Tamworth we are staggered at the amount of canola planted. Much at different times. Early plantings are now fence high and eye watering yellow, some times to the horizon. This is of course what we see from the roadway, one cannot imagine how much has been planted state wide.

Wheat is not as plentiful this year here and is in stark contrast in being half the height of canola but its vivid dark green. Problems may arise come harvest time for both if it's not possible to harvest due to the wet conditions. We passed many kms of crops in water.

Leeton, and we are in the Murrumbidgee Irrigation Area (MIA) Leeton was established as a result of the commissioning of the MIA in 1912 and the completion of the Burrinjuck Dam. It's extensive canals and drains providing some 190,000 hectares with irrigation for this important food bowl for our country.

12,000 folks here, very progressive; SunRice, Berri fruit juices, abattoirs at Yanco (with it's Agricultural College) walnuts and Southern Cotton are some of the companies that make the place hum.

Leave earlier than usual here but call in to chat with cousin *John Weller* at Wagga Wagga. *John* and *Trish* used to farm at Dyers Crossing.

Onto Cowra where most would know was the infamous Japanese prison breakout on August 5 1944. Beautiful gardens and a must see if in the area.

Leave Cowra and back on the coastal side of the range where the roads are only marginally better. Love the west but not the roads. These are catastrophic, bordering on the criminal. Potholes are never ending. 50 cm round and 10 cm deep are the norm. Struck several one couldn't see due to being in the shadow of the roadside trees. Both the van and truck will need a good look at when home.

Long day and 2,000kms since we started two weeks ago. The last night we are in Denman, the Hunter region is also waterlogged but looks great. Home by the time you read this.

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REAL KULTCHA

I know I'm writing this at the wrong time: the AFL Grand Final is tomorrow and there are a couple of big games in the ARL so why write it today? Why not wait a couple of days and then be able to comment on the games? Good thinking 99, but I have a deadline to meet and I'm very scared of the editor of this Internationally acclaimed newspaper if I should come in late.

All the jawing I could contribute to the media storm however, is not going to alter the results of any of the matches and in any event, you'll know the results long before you get to read this missive, so let's talk about some overviews. Have you enjoyed the season and has your team done well? Well, both my teams have come up a tad short and just missed out on the final eight. They're both on their end of season trips at the moment I guess, and it might be better if I had no say in how far they're travelling. Some years I wouldn't have given either of them a bike to ride to the nearest beach for the day!

The big topic around at the moment though, is concussion and particularly how the leagues are handling it. Teams have a lot of money tied up in their players and if one is hit hard or takes a knock to the head somehow, the front office boffins are generally reluctant to have that player sit on the sideline for 10 or 15 days! That could mean the team – the flagship of the club – could lose momentum and that could come back to "hurt" them in the media and from the fan base. All that is understandable but what also has to be understood by all is the reality of what happens to a player who takes a few knocks without the chance to recover. I'm sure we all saw the report on Mario Fenech this week and his deterioration was alarming. I recall *The Child Bride* and I met Mario many years ago and he was fun to be around. The game has not been kind to him.

I spoke on this subject several months ago and even had a discussion just an hour or so ago, with a friend who played rugby league as a youngster. We seemed to agree both the AFL and ARL games have speeded up as players have become fitter. Being fitter of course, is no barrier to taking a knock and it can be reasoned (with a deal of

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justification) that with fitness and speed any clash - and let's be honest here and say it - collision, is going to be heavier and the risk of a concussion is very real.

Earlier this week I heard a conversation on a local radio station (no names, no pack drill) where a so-called expert was pushing the idea of players wearing helmets! I screamed at the radio trying to tell the "expert" the only advantage to wearing a helmet is it may save the player from getting a few scratches, it'll do nothing to alleviate a concussion! If a player is tackled and his/her head hits the ground and so comes to a sudden stop, the brain inside their head doesn't. It floats inside the skull and momentum carries it forward. Granted, it doesn't travel far, but it does travel and when it cannons into the inside of the skull it's hurt: the more times it's hurt the more damage is done. A player could have a helmet with 10cms of padding all around their head and it wouldn't do any good – when the head comes to a sudden and violent stop no amount of padding will help. My friend spoke of better tackling techniques and I have to confess, not having actually played the game, I had to lamely agree though I have to admit I wasn't quite sure what he was talking about. What ever the leagues do you can bet it will alter the game and you can also bet there'll be many for it and just as many against it. Think of this. Soccer (in the UK, I think) has banned children under a certain age, from heading the ball. The reason? A hard ball hitting a child's head with some force as they try to re-direct it is almost as bad as the player's head hitting the ground! And if they do it 10 or 15 times a game? Trust me, the times they are a-changing.

While talking to my friend, the LIV golf circus also raised its head. We both mumbled we wish we had a chance at grabbing some of the loot the Saudis are chucking around with gay abandon. The hypocrisy of several players on the PGA Tour however, was quite obvious as they derided Cameron Smith (for instance) for taking the supposed \$140 million he'd been offered! And that begs the question, why are all the best golfers in the world playing in the US? Well, that's where the big prize money is! It's certainly not here in Australia. So, isn't Norman's circus just another chance for the best golfers in the world to win some big money? Yep, they're all there to grab the cash if they're good enough and some a bitching that Smithy has grabbed a pretty big bag.

Talk at you next month,
The Hillside Critic

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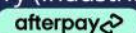
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Permaxin is also fantastic for controlling fleas and ticks on dogs.

Permaxin can be used in two ways on both horses and dogs, either as a spray or as a rinse.

For use as a spray: Obtain a trigger spray device and keep it exclusively for use with Permaxin. Add 10mL of Permaxin concentrate to every 400mL of water, or if rapid drying is desired, add 10mL of Permaxin concentrate to every 400mL of methylated spirits. Hold the bottle approximately 20cm from coat and spray while ruffling the coat to ensure thorough penetration and coverage of the coat and skin. Spray the entire animal but avoid eyes and mouth. Allow to dry on the coat.

For use as a rinse: Permaxin can be used on a dry coat or after washing. If using shampoo first, rinse coat in clean water and then allow excess water to drain off coat. Make up enough solution to treat the animal by mixing 10mL Permaxin concentrate to every 400mL of water. Apply Permaxin solution to the animal, covering the entire animal, but avoiding the eyes and mouth. A sponge assists application. Allow to dry on the coat.

For the control of nuisance flies and Queensland itch management on horses we suggest making up a spray solution and using as required. For ticks on horses our tip is to make up a rinse solution and using a sponge cover the entire horse and do this weekly to help prevent tick infestation.



The best defence during insect season is to be consistent with your animal's treatment. If you're consistent you will stay on top of insect effects on your animal, which in turn will keep your animal happy and healthy.



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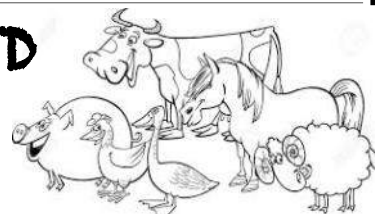
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Welcome to Deb's Gardening.

The vegetable garden is powering, providing me with plenty of vegetables for smoothies, salads and cooking.



Now that the weather is warming up, the broad beans are setting pods and ready to pick, I love picking them when they are young and popping them into the salad too. My mum cooked frozen store bought broad beans growing up, I thought they were disgusting and I never cooked them or served them to my kids growing up. It wasn't until I started growing my own, that I started loving them as there is no comparison to fresh home grown broad beans, they are easy to grow and a prolific crop. I had a few aphids when the plant was young but it didn't take long for the lady beetles to find them and do their job. Broad beans are best up against a fence and supported as they grow through the August winds, so a good support is needed.

I have sown the corn, cucumbers, pumpkins, watermelon and sunflowers in the egg cartons and they are ready to be planted into the ground. The corn is following the broccoli which was in one of my raised garden beds. The raised garden bed had no soil in it only layered organic matter such as, seedless weeds, cow and chicken manures, wood ash, pruning's and a layer of straw mulch which broke down and became beautiful compost for the broccoli. Once I pulled out the finished broccoli (which I didn't once spray for grubs because the broccoli grew strong and healthy and was able to fight off any pest and disease as the soil was full of nutrients for the plants to absorb. As the broccoli grew, the nasturtium self sowed around the raised bed and also helped with deterring the white butterflies) I added more chicken and cow manure and lightly forked it into an already rich wormed filled soil. Another layer of mulch added and it is now ready for the corn. I always plant a few rows at a time, staggering the corn until the bed is full. It guarantees a continuous crop of corn and plenty of surpluses which the whole corn, husk and all, go straight into the freezer. It freezes beautifully. My uncle told me to freeze corn that way and I have done ever since.

One of my cold compost bins has composted down already and is ready for the garden. Cold composting takes about 6 months to break down and I thought it would take forever for me to wait but before I know it, it is ready. I now have 3 composting bins around the garden for all my scraps and waste. With the other bins filled with water and weeds that have gone to seed brewing away, plus a bin of cow manure and water brewing, I have all the fertiliser I need for the garden.

An important job to do now that the weather is warming up is to mulch your pots. Mulching helps with water loss and helps regulate the soils temperature. I have used sugar cane mulch as I like the visual appeal.

One of my favourite flowering plants for a mass display is the Dahlia. My Dahlias are about to emerge from there dormancy. 4 years ago I planted 6 Dahlia seedlings and now they have taken over and are filling up the garden bed. Each year when they have died back I just lay down the dead die back and add a layer of mushroom compost and let it do its thing for the winter period. My son gave me a lot of large headed variety from his garden that I didn't have, so I have made a space and planted them. I pulled out an over grown 'Hot Lips salvia' to make way for the new dahlia bulbs and I found tunnels and burrows everywhere, they must belong to a bandicoot. I tried not to destroy them but the next day after I planted the bulbs they were all dug up. There is one unhappy marsupial in the garden.

I mentioned in my article last month about the bindies and digging them up by hand; well I found the best tool to get rid of them. I am an avid golfer; now that I am retired I play at least twice a week. I have come to practicing with my 7 iron and the bindies are the balls, it does a great job and I can tell when I hit them well, they fly through the air straight at the target. Another form of a good workout and I must say it has improved my game...

Until next time; "What you plant today you will harvest tomorrow".

Deb



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WALLAMBA CWA REPORT

President **Margaret Weller** welcomed 11 members to the monthly meeting which began with the usual formalities followed by members pausing to observe a minutes silence on the passing of *HRH Queen Elizabeth 11*, together with friend of President Margaret, *Marie Chamberlain* and **Pam's** friends, *Lyn Turner* of Taree, *Jack Weekes* of Tinonee and Wingham CWA member *Mrs Joyce Greenaway*.

Our travelling member, **Lyn Matthews**, supplied our monthly thought and it was one from Albert Einstein

*"Learn from yesterday, live for today, hope for tomorrow.
The important thing is not to stop questioning."*

Eleven members from the Branch had a great time at the Group Cultural and International Day which was held at the Wingham CWA Rooms that hosted 85 members from within the Group. It is the first time a major event has been held for sometime because of the recent Covid restrictions. The Wallamba ladies did a short performance of three choruses from the Musicals, *The King & I*, *Oklahoma*, and *Sound of Music* – considering the ladies hadn't practice together it sounded rather well.

Unfortunately the inclement weather prevented our members from attending the Unveiling of a Seat to mark 100yrs by Gloucester Branches but we did catch a segment on the local TV about it.

The major celebrations for MNC Group marking the CWA 100yr Centenary was set down for Port Macquarie Racecourse on September 21st and a couple of our members were to attend – we will hear all about it at our October meeting and hopefully might see a few photos.

Handicraft officer **Merle** had a workshop planned at her home on Tuesday October 4th for members to work on needle cases which is this year's project, so hopefully we will see some of these at October's meeting.

Our study on Black Willow (Foe), Bittern (Fauna) and Banksia (Flora) is winding up and Officer **Coral** has done a wonderful job gathering material and articles on these and we have learnt much about them.

International Officer **Penny** has continued to find some colourful and interesting information on **LATVIA** and she hopes to have one of the members dress a doll in this country's national costume for judging early 2023. Penny is also planning to hold a day on Latvia maybe in April if all goes to plan.

Our Cultural Segment discussed a number of interesting items; Pam had brought along a small teabag plastic holder which had the late Queen's photo on it purchased from Sydney's Queen Victoria Building shopping centre and this lead to members speaking about the various visits made by the Queen since 1954.

Pam showed off the delightful little photo book that Wingham CWA Branch has published about the Fairy Murals that are on the walls of the Baby Clinic that were done 1949 by the late *Mrs Ruth Pereira*. Pam also showed off her photo album showing the recent visit by State CWA President *Stephanie Stanhope* in March of this year when Wallamba celebrated their 58th birthday celebrations.

The members worked out the Branches donations to the various charities that are supported by CWA.

Members congratulated member **Jean** and her husband **Kevin** on a wonderful 70 years of a long and happy marriage on September 20th, Margaret and **Bruce Weller** celebrated 60 years on Thursday,

September 15th whilst Vice President **Norma Flood** celebrated her 84th birthday. Congratulations to you all on a wonderful achievement.

Our next meeting will be the Branch's 59th Annual General Meeting which will be followed by the General meeting on Tuesday 11th October, 2022 – membership of \$44 is the fee this year.

Pam Muxlow

Publicity Officer

WALLAMBA CWA BRANCH

An interesting bit of knowledge I picked up reading Puzzle Book

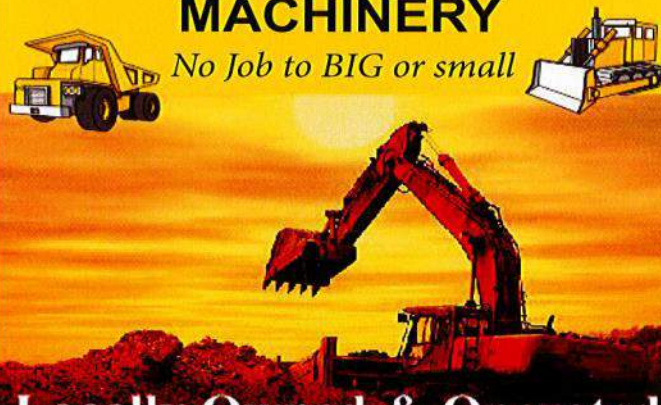
Words I thought were English and are apparently of Indian origin.

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Haven't tried it yet but on the list as it sounds delicious

INGREDIENTS

2kg Leg of Lamb
1tbsp Honey
1tsp Sea salt flakes
2 lge Pears (660g) halved
1¼ cups Pear Cider (310mls)
¾ cup Chicken Stock
6 med Potatoes
2tbsp Honey
1kg Baby Carrots
399g Green Beans

METHOD

1. Preheat oven to 140°C/280°F
2. Place lamb in a large oiled baking dish. Using a sharp knife, score skin at 2cm intervals; rub surface with oil, then salt. Add pears, cider and stock to dish. Cover, roast 3 hours
3. Remove dish from oven; add potatoes and drizzle lamb with honey. Roast, uncovered, further 2 hours
4. Remove lamb from dish; cover to keep warm. Remove potatoes and pears from dish, set aside. Increase oven to 220°C/425°F
5. Pour pan juices from baking dish into medium saucepan; reserve 1/3 cup. Push pears through fine sieve into same pan; discard solids. Bring pear mixture to the boil; then boil, uncovered about 30 minutes or until reduced by half
6. Meanwhile, return potatoes to baking dish with carrots and reserved pan juices; roast, uncovered about 30 minutes or until vegetables are tender
7. Boil, steam or microwave beans until tender drain.

Serve slice lamb with potatoes, carrots and beans, drizzle with sauce.

Did you know that "Dammit I'm Mad" spelled backwards is "Dammit I'm Mad"?

"Waves of Quilts"

EXHIBITION

Saturday 5th & Sunday 6th November 2022

Proudly presented by
Black Head Quilters

At Black Head Surf Life Saving Club
Main Street, Black Head NSW

Open Sat: 10.00am to 3.00pm
& Sun: 09.00am to 1.00pm

Admission: Adults \$8.00
(Children under 10 are free)
Entry includes morning or afternoon tea
No Effpos Available

Exhibition will feature a display
of members' quilts
as well as a raffle quilts
(drawn at 12:45pm on the last day)
Demonstration of sewing techniques
throughout the day



Are you sweating whilst putting petrol in your car?
Feeling sick when paying for it?
You have got the Carownervirus

It's better to grow old with a sense of humour than to grow old with no sense at all



Definitions

BEAUTY PARLOUR: A place where women curl up and dye.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: A grape with a sunburn.

SECRET: Something you tell to one person at a time.

TOOTHACHE: The pain that drives you to extraction.

YAWN: An honest opinion openly expressed.

TOMORROW: One of the greatest labour saving devices of today.

WRINKLES: Something other people have, similar to my character lines.

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

CHICKENS: One of the few animals you eat before they are born and after they are dead.





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Council Snippets

Underground power coming to Whitbread Industrial Estate

Restart NSW will provide more than \$1.2 million to MidCoast Council to remove overhead power lines and install underground power between the Whitbread Industrial Estate and the Manning River. "By converting to underground wiring, there will be improved reliability, safety, capacity and vehicle access," said Council's Executive Manager Transport and Engineering, Peter Gesling.

The works will involve part of Whitbread Industrial Estate, between Elizabeth Avenue and River Street, Taree, including Whitbread Street, Macquarie Street, Wynter Street and Florence Street.

Work is expected to start early October and finish late December, weather permitting.

Council's Forster service centre relocating to Little Street

MidCoast Council is relocating the Forster service centre from Breese Parade to the Visitor Information Centre building in Little Street Forster, until the Civic Precinct is completed.

At the new location, customers will find all the same services, with the same friendly faces.

The service centre at 4 -12 Breese Parade will close on Friday 28 October at midday and will reopen at 12 Little Street on Monday 31 October at 8:30am.

Garden Escapees – you're invited to the launch

Join leading weeds experts, scientists, the horticultural community and garden lovers on Monday, 10 October for the official launch of *Garden Escapees* – and receive a free copy of this must-have weeds guidebook.

In a fun, interactive and hands-on presentation, MidCoast Council's Strategy Weeds Biosecurity Officer, Terry Inkson and the Natural Systems team will help you learn about the latest threats, and how to better defend our land, water and environment against weeds.

The event will be held at MidCoast Council's Customer Service and Administration Centre at Yalawanyi Ganya, 2 Biripi Way, Taree on Monday 10 October, 4:30pm – 6pm. Refreshments will be served.

Numbers are limited and registration is essential. You can book your spot at <https://www.midcoast.nsw.gov.au/Events/Garden-Escapees-book-launch> or by calling 02 7955 7777.

Stephen Bromhead

SENIORS URGED TO CHECK FOR UNCLAIMED MONEY

Older people living across the Myall Lakes are encouraged to check for any unclaimed money owed to them by using Revenue NSW's online unclaimed money service. i.e. Revenue NSW website

"It is a free service offered by the NSW Government to get money back in the hands of its owners," Mr Bromhead said.

"The forgotten money held by Revenue NSW includes share dividends, trust accounts, refunds, commissions, deceased estates and money from a range of other sources.

Seniors can search for unclaimed money and learn more about the process at <https://www.revenue.nsw.gov.au/unclaimed-money>.

TEACHERS TAKE A SEAT AT THE MINISTER'S TABLE

NSW's highest-performing teachers have come together for the first time as the newly formed Minister's Teachers' Advisory Group.

Scott Waring from Great Lakes Senior College was selected to participate in the program locally within the Myall Lakes.

Member for Myall Lakes, Stephen Bromhead said it was great to have a teacher from our electorate representing teachers across the state. "This advisory group is fundamental as it helps bridge the gap between educational policy and practice," Mr Bromhead said.

Minister for Education and Early Learning Sarah Mitchell said it was fantastic to formally launch the new advisory group.

LIVE TRAFFIC UPDATES EXPANDED TO INCLUDE LOCAL ROADS IN REGIONAL NSW

MidCoast Local Government Area (LGA) will be the first of 22 regional LGAs where motorists will receive real time traffic information on local roads.

Member for Myall Lakes, Stephen Bromhead said the NSW Government is expanding the Live Traffic NSW website and app to provide more reliable information to drivers in the Myall Lakes especially during emergencies like bushfires or floods.

"A platform has been created which will allow MidCoast Council to share real time live traffic information from their local roads into a

GILLESPIE SUPPORTS INCENTIVES FOR PENSIONERS TO DOWNSIZE

Federal Member for Lyne Dr David Gillespie has spoken in support of legislation supporting pensioners who downsize their home.

The policy was announced by the Coalition in the lead up to the election and has been supported by both the Government and Opposition with the Social Services and Other Legislation Amendment (Incentivising Pensioners to Downsize) Bill 2022 now before Parliament.

"When people sell their primary residence, their own home, to downsize to a smaller unit or a smaller house, they have two years of exemption before they purchase their next primary residence, as opposed to the current situation where they will only get that leave pass for one year," Dr Gillespie told Parliament.

"Those existing arrangements mean that, in the current housing market, you really have to be very efficient and know what house you are going to buy pretty much before you sell your own home.

"With the housing shortages and the rampant, runaway market over the last two to three years, that has proved problematic. With a 24-month window, there will be many more people that will take up the idea of downsizing.

"That means that bigger houses and bigger apartments that are available for young people will come on the market as a result, with potentially even more coming on the long-term rental market if investors buy properties to let them out—rental properties.

Dr Gillespie said the new legislation also applies only the lower below-threshold deeming rate to the asset-test-exempt principal home sale proceeds when calculating deemed income.

"At the moment, with deeming-rate limits \$56,500 for singles and \$93,600 for couples combined, it will be a significant change. The 24 months mean that, while they are trying to find a house, they will get some reasonable income assistance—because they will have to rent somewhere in the meantime, with rents ridiculously expensive.

\$46 MILLION TO PROVIDE FOOD WASTE RECYCLING TO TWO MILLION HOUSEHOLDS

More than two million households, including those in the Myall Lakes will soon be able to recycle their food waste and divert it from landfill through a new \$46 million grants program for councils.

Member for Myall Lakes, Stephen Bromhead said the GO FOGO (food organics and garden organics) program will revolutionise household waste services in the region and help NSW reach its target of net-zero emissions from organic waste in landfill by 2030.

"Many residents in the Myall Lakes community are already playing an important role in reducing waste and recycling both at home and through programs like Return and Earn," Mr Bromhead said.

"These grants will help to divert FOGO waste from ending up in landfill where it rots and generates damaging greenhouse gasses.

"FOGO waste collected through the new program can be processed into compost and used in large scale agriculture, parks or gardens where it can improve soil health and boost yields."

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.

central hub, which will give more information to motorists when they are travelling around" Mr Bromhead said.

The initial 22 LGAs have been chosen in consultation with the NSW Police, RFS and SES with the view to have all 128 LGAs across the state on board by 2024," Mr Faraway said.

"LGAs will continue to come onboard in stages, with the priority given to the regional councils who have been impacted most by bushfires and floods.





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Good Medicine

Do you believe in miracles? A certain elected prime minister stated he 'always did believe in miracles'.

If we look around miracles are everywhere if, as the bible says, we have eyes to see. The more we find out about nature the more amazing it is. What I think incredible is the world turning every day on it's axis in space ... what holds it there? *I laid the foundations of the earth, Job 38:4.*

In a book called "Miracles Still Happen" three people were in a small boat some distance from the beach in a storm and were struggling to row it against contrary winds, fearing it would overturn. Suddenly someone appeared in the water and took hold of the boat, saying 'we can't let anything happen to you' ... and started pulling them to shore. When they staggered out at the beach they looked around for the angel who'd rescued them but couldn't see anyone. They asked their friends who came running up if they saw the person who pulled them in but the friends said there was no one else, only the three of them. Another story relates to a plague of scours on a beef farm. Calves were getting sick and the family was trying desperately to dose the sick ones and keep them separated from the healthy as more kept getting sick. Some members of their church, including the pastor, came out and walked around the farm praying about the situation. In the meantime the carcass of one calf had been shoved aside in the barn due to lack of time to dispose of it. Two days after it died they went to pick it up and found the dead calf starting to move ... it had come back to life.

I recently read a book "Brother Andrew" written from the original "God's Smuggler" in the 1960's. It's the story of a Dutch boy, Andrew. At 17 he had been to war in the East Indies but been discharged with ankle injuries, so went from being a very fast runner to using a walking cane. At 20 he felt that his life was over. Eventually through a series of 'miracles' he felt called to go to Bible college in Scotland. It seemed everyone in Holland was poor and he was used to having no money. However he had the money for the first term and trusted God for the rest. This led to many adventures as God showed him how to live by faith. When he had to renew his visa by a certain day and didn't have the shilling for postage he found money on the footpath but

gave it to someone else. Just after that, the postman brought a letter with money in it ... more than enough for postage and such things as eg. new razor blades instead of reusing old ones sharpened on his arm.

Later he felt led to smuggle Bibles into communist countries to Christians who had none. He packed them in his luggage and every crevice in the blue volkswagon ... another gift. When he arrived at the borders he prayed that God would 'make seeing eyes blind' just as blind eyes had been 'made to see' in the Bible. The volkswagon became known as the Miracle Car which they prayed for every day as they couldn't afford repairs. The roads were bad in Yugoslavia and cars were still rare in the 1950's ... travellers would stop to greet each other. One day a man introduced himself as a mechanic and offered to look at the car ... whereupon He stated it was mechanically impossible for the car to be running. So he pulled it to pieces and cleaned it. It did many more miles and later they replaced it. These are just a few stories in this book full of adventures.

In the Bible are many other miracle stories such as the axe head which floated, *2 Kings 6*. This amazed me the first time I read it. When Elisha the prophet took some young prophets to cut down trees a borrowed axe fell into the water. Elisha then threw in a stick at the place and the axe floated up and was retrieved. And there's the story of the sun standing still, *Joshua 10*, collaborated by science. But the most wonderful miracle in the Bible is that God sent His son to earth to die for us because He loved us, *John 3:16*.

The Counsellor



Wallamba Football Club AGM

The Wallamba Football Club AGM will be held at

10:00am on November 12th

at Aub Ferris field

Please save the date and come along to have a say in the running and direction of our community football club.

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

October Mass times are Saturday 1st at 6:00pm - Saturday 8th at 6:00pm - Saturday 15th at 6:00pm - Saturday 29th at 6:00pm

November Mass Saturday 5th 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

October Mass time is Saturday 22nd at 6:00pm

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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.

Hello everyone,

Hope you are all doing well. I would just like to mention that it is getting closer to Christmas, so have a little think about your next appointments and get them locked in. Thank you. Now for the saying of the month:

"Your life doesn't get better by chance, it gets better by change."

"Belinda ☺"

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 17th October, 2022.**

Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. **16th October**

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

* **Need to advertise** something for sale or wanted to buy or a
* freebie?

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
WIPES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262



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