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ACROSS THE FENCE

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Happy
FATHER'S
DAY



to all the dads in the district
hope you had a wonderful day

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Editorial.

Hi all,

Don't know what happened to the lovely pre Spring days we were having last week, but Spring kind of deserted us on Friday. Cold, wet and miserable weather again for a while.

I have missed Fathers' Day. Hope all the dads had a lovely day.

The printer was waiting for a new part and it didn't get here until Thursday and as I had my kid and the kidlet up for a week I got a little side tracked and didn't have the paper formatted in time to print on Friday and deliver on Saturday. Time just flew by and I also thought Fathers Day was the second Sunday. My error!

You will notice that a couple of the ads look different, having been updated after years of being the same. They look good.

Apparently Black seems to be 'de rigour' for new business cards with white printing. Personally I think black on white stands out more, but that's just my thoughts.

When I went to NABIAC on Saturday, I noticed that the road at Dyers Crossing bridge has finally been repaired and had a little chuckle. It has been out for a couple of months with us all just politely being careful on the damaged side of the bridge and giving way and now, after it has been repaired, the council has thought fit to put traffic lights there to make sure we give way and don't have an accident.

On another note, those of you who have sheep, watch out for your flock as I have had a nasty occurrence at my place. Some miserable sod has slaughtered a sheep, which I assume was stolen because they dumped the head, fleece, innards and front legs in a culvert on Barry's Road, hidden in the bamboo, which drains into my dam. Not at all amused as Council still has not yet removed it and it is now raining and draining into my dam and polluting it. Brick Bats a plenty to whoever did it.

For those interested in quilting, there is an exhibition/sale of them at Black Head in November. The Black Head Quilters are putting it on. Full details in next month's issue.

Ticks are about with all the warm weather so check your fur babies. The tick spray that the chemist is selling works (not on pets) as I have had cause to use it myself. Specially good if you are alone and the tick is in an awkward spot to get at.

Fire permits are now needed and as I have just received one, naturally it starts raining. Did manage to burn my two fires piles just before the end of the month. Good to have a pyromaniac son visiting to help burn them and not have to worry about them getting out of control.

The Wallamba District Show has managed to get a new Secretary to take the reins as Sally Henderson has stepped down. I wish her well in the position. It is a lot of work to take on.

'til next month

Lyn, & Timidty (Tilley Cat in spirit)



WHAT'S HAPPENING IN SEPTEMBER, 2022

Markets & Events.

• Bulahdelah	(1st Sat)	3 rd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 th	8am to 12 noon
• John's River Country	(2nd Sat)	10 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	3 rd	8am to 12 noon
• Myall Quays	(3rd Sat)	17 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 th	8am to 12 noon
• Krambach	(3rd Sun)	18th	
• NABIAC	(Last Sat)	24th	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	25 th	9am to 1pm
• Forster Town	(2nd Sun)	11 th	8am to 2pm
• Halliday's Point	(1st Sun)	4 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 th	8am to 1pm
• Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	17 th	???
• Taree Rotary Book Fair	(3rd Sat)	17 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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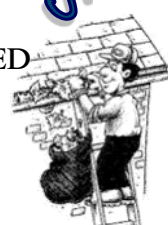
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Nabiac Landcare

The Nabiac Landcare teams are currently working at Lilypilly Bend doing follow-up weeding. Progress has been slow because several of our members are off work with health issues. Oh, the joys of getting older!

Ground asparagus (A. aeopithicus), is a weed to watch out for at the moment, it is setting red berries on its feathery fronds. Asparagus is a scourge in the bush from here to the coast. It's roots and water tubers form dense mats that rob the native vegetation of nutrients and moisture. If you want to keep asparagus in your garden, please cut off the fruit bearing fronds, bag them and place in your red bin. Better yet, remove the plant. You can cut out the crown (growing point) and leave the roots in the ground. They won't re-shoot. Do follow-up looking for those pesky seedlings that may come up from seed in the soil. [NSW WeedWise](#)



We've been finding **Chinese Tallow tree** (Triadica sebifera) seedlings at Lilypilly Bend, especially near the Cowper St. entrance. This popular deciduous tree has made its 'escape' and established in the bush up the North Coast. We would like to prevent that happening in this area. [NSW WeedWise](#)



A pesky vine that's blooming at the moment is **Black-eyed Susan** (Thunbergia alata). This vine is another garden escapee with pretty orange flowers with a black centre and bad manners when it leaves the garden. It mainly spreads by being dumped in the bush, wandering under the fence or being washed down stream during floods. If scrambling on the ground it roots at every node



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Between the Pages

Nabiac Library News



Hello One and All!!!

Spring is upon us once again. What a wonderful September is in store for not only our children, can you believe the Spring School Holidays are almost here? But....beginning 3rd-11th September is **Hands-on History Week** for the grown-ups and seniors as well!!!! Let's tantalize our history bone, and remember to mark the dates, times and venues in our calendars and diaries, be quick to book your spot. I'm sure they'll be going fast.

Monday, 5th September, 2022:- Pioneering Facts of Times Gone By at Forster Library, 4-12 Breese Parade 10am-11am. Join Anne and Helen from the Great Lakes Museum, Tuncurry for a talk on pioneering facts from Bungwahl to Nabiac. Light refreshments will be provided. Cost:- Free Event. Bookings are essential. Contact Mid-Coast Libraries, 7955 7001 or www.midcoastlibraries.com.au.

Tuesday, 6th September, 2022:- Author Event. The *Pearl Beach Bakery* by Sarah Baker at Hallidays Point Library, 87 High Street 11am-12pm. Celebrate History Week with local author Sarah Baker as she shares with us her new picture book "The Pearl Beach Bakery". Sarah lives locally and has used our wonderful beaches as the backdrop for her book, as a way to pass on her and her husband's story to their daughter. Morning tea provided. Cost:- Free Event. Bookings essential. Contact MidCoast Libraries 6559 3066 or www.midcoastlibraries.com.au.

Wednesday, 7th September, 2022:- Midcoast Stories Memory Walk at Old Bar Reserve, 1 Old Bar Road, 9.30-11.30am. Walk the little seaside village of Old Bar with Janine Roberts from Midcoast Stories, as she shares stories of Old Bar's early history. Hear tales about the Old Bar Airstrip, the elusive Mud Bishop, POW Lloyd Moule, long time entertainment venue "Badgers" and stories of Old Bar Reserve including the surf clubs and the heroic rescue of the SS Urana crew. The walk is approximately 2kms on flat paths and roads. Please dress for the occasion and weather:- walking shoes, water, hat or umbrella. Cost:- Free Event. Bookings essential. Contact MidCoast Libraries 6592 5290 or www.midcoastlibraries.com.au.

Saturday, 10th September, 2022:- Finding and Dating Photographs at Taree Library, 242 Victoria Street 10.30-11.30am. Find family photos

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and piece together dates and places from the many clues photographs contain in our National Library presented webinar. Learn how to identify clues, e.g. clothing, cars, historic events, even telegraph poles can help date an image and provide crucial information, plus how best to search the library's collections. Morning tea provided. Cost:- Free Event. Bookings essential. Contact MidCoast Libraries 6592 5290 or www.midcoastlibraries.com.au.

Last but definitely not least, our **School Holiday Activity Friday, 30th September, 2022:- Decorate Gift Bags.** 9.30-10.30am at Nabiac Library.



Do you have a party coming up? Decorate a unique gift bag to take along. Choose from a unicorn, monster, Christmas theme or create your own design. Keep an eye on the MidCoast Libraries website closer to the holidays to make your booking.

Until next month, enjoy the warmer weather and the great activities!!! Remember our community jigsaw puzzle is there for anyone who has a little spare time and enjoys puzzling. If you've not tried this fun activity, have a go, we'd appreciate the help, plus it's fun chatting and socialising together. Our friendly staff as always look forward to seeing your smiling faces and helping you, our members!!

Keep reading, listening and watching!!

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Nabiac Village Futures Group News

Further news regarding the Review of our Strategic Plan for Nabiac – we now have a date for a community meeting at the Showground to discuss priorities for our community – **Wednesday 16th November** – details to be announced as we get closer.

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

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

A major priority for the Futures Group is the **reduction of accident risks around the Village Green area**. It's a small area with a lot happening and on busy days the risks increase. For some time we've been asking for a 40 k zone in this area and hopefully that will happen soon. We are also investigating options for additional parking and have asked MidCoast Council about possible use of the Crown Land block next to the police Station. Other measures to improve safety include installation of "ripple strips" on the Highway exit into Nabiac Street, as a warning to drivers that conditions are about to change.

Planning for outdoor recreation is our other major priority

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A shared pathway for bicycles and pedestrians, connecting the School and our sporting and recreational facilities would make for a safer opportunity to all access facilities.

We envisage a pathway from the School, going around Farnell Street, into Nabiac Street and along to the Memorial Park. We would also like to see an improvement to the Showground Lane intersection and a pathway down to the Showground 'side' entry and the 'Aub Ferris' playing fields

A **plan for the recreational facilities** themselves is also important. Our tennis courts were first established on a waterlogged site 100 years ago. To keep them going and to provide other opportunities in this area is a priority for our Group. The Neighbourhood Centre has committed to paying the cost of a geotechnical report which is required for grant funding applications.

Imagine

shady tree lined streets, places to gather, to sit and chat, with art works to enjoy along our pathways.....and sporting facilities that kids can safely access on their bikes.....pathways where people can walk into the Showground and along the lane to Aub Ferris playing fields

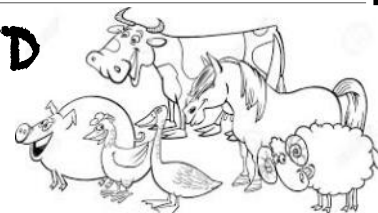
Our next meeting is Wednesday 5th October, 7 pm at Neighbourhood Centre.

Louise Collins, Secretary

nabiacvillagefuturesgroup@gmail.com

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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 7th October, 2022.

Nomination forms are available from the Secretary
secretarynmnca@gmail.com

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.

Louise Collins, secretarynmnca@gmail.com

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Kerry & Steve O'Brien & Family



Nabiac Memorial Neighbourhood Centre Association

We've been having ongoing discussion regarding our public liability insurance and restrictions placed on the sale of electrical goods and children's toys. The Committee are following the advice of our insurance broker. Our members volunteering in the Op Shop are following the Committee's decisions. If you are an unhappy customer you are welcome to contact the Committee to state your opinion. **Please remember to be courteous to our volunteers.**

Our August meeting was busy with many decisions made, including appointment of a new cleaner, investment of term deposits, purchase of a new software for financial accounting.

Our big old building requires constant care and maintenance. The old water pipes under the kitchen have been replaced, and we are again arranging repairs to the front car park. The premises leased to the Preschool have needed a new locking gate and Petra's kitchen a new bench top.

The Committee have supported the monthly production printing costs of Across the Fence, by purchasing a full page each for the Op Shop and the Village Futures Group for 12 months.

The Committee are also supporting the development of Nabiac's sporting facilities by agreeing to fund a geotechnical report on the Tennis/Netball Courts site to determine the site's suitability for on-going development. This relates to the dampness of the site and problems with the surface of the courts.

The Committee are now planning for our **Annual General Meeting** which will be held on Thursday 13th October at 7pm. The meeting will be held at the Neighbourhood Centre.

The meeting Agenda

- ♦ **Reports** from the President, Treasurer and the sub committees (Nabiac Second Chance Opportunity Shop;


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NEWS FROM BUNYAH

The painting of Our Hall's interior has now been completed and looks light & bright and ready to welcome guests and most importantly, **new committee members**. As with all Volunteer Groups, it is very important that the work of administering the Hall and keeping it going and in a state that people want to come and enjoy what Bunyah Hall can offer, **it is necessary for the workload to be shared amongst more people**.

At present we have only 5 members on the Hall Committee, however, recent serious illnesses have had an effect on our Committee's ability to function to its' necessary capacity in a crises such as members' health and the difficulty in garnering more interested people to step into these roles.

In 4 years time, 2026, our Hall will hopefully, celebrate its' Centenary and it has a rich history that needs to be celebrated and revered along with all of the residents who have been involved in its' longevity; be they still with us or have passed on; we owe it to them for what has been created and is still available now for use by the community, but without more willing helpers, it can be lost forever!



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In June this year I attended a full day Workshop for all Halls in the MidCoast council area for the setting up of our Halls as Evacuation Centres in the event of repeat Disasters that we have experienced in the last 3 years, Drought, Fires & Floods. On 30th August, I attended the second session at Council Chambers, this time with *Brian Hart* one of our Committee members.

It is a necessity that the Community is involved in the organisation of these Disaster Resilience Teams as **it is not up to a few 'older' people to save a whole community!** A flyer will be letterbox dropped to all households in Bunyah & Bulby Brush with a date when you will be needed to attend the Hall to be briefed on what is required. Your support is vital.

On 27th August the **Local Land Services** held an Information Session at Bunyah Hall on Foot & Mouth Disease & Lumpy Skin Disease; 27 people were in attendance.

Neryl Simpson

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MINIMBAH MATTERS

Minimbah Rural Fire Brigade has two very important announcements to make.



1. The Mid Coast Local Government Area is now in the official Bush Fire Danger Period and that means you need a **Permit to carry out any planned burns**.
2. Fire Danger Ratings are being simplified from 1st September with the introduction of the **Australian Fire Danger Rating System**

The new Australian Fire Danger Rating System (AFDRS) has been developed using the latest science, making it more accurate and more specific to your local area. It is being used Australia wide, so whether you're at home or traveling, you will see the same system being used.

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



The new AFDRS calculates fire danger at a finer geographic scale than ever before so more accurate and relevant information can be provided to save property and lives. These ratings do not indicate that there is a fire. They indicate the level of risk if a fire were to occur.

The new ratings and what you need to do



Plan and prepare

- Stay up to date and be ready to act if there is a fire



Be ready to act

- There's a heightened risk. Be alert for fires in your area
- Decide what you will do if a fire starts
- If a fire starts, your life and property may be at risk. The safest option is to avoid bush fire risk areas.



Take action now to protect your life and property

- These are dangerous fire conditions
- Check your bush fire plan and ensure that your property is fire ready
- If a fire starts, take immediate action. If you and your property are not prepared to the highest level go to a safer location well before the fire impacts
- Reconsider travel through bush fire risk areas



For your survival leave bush fire risk areas

- These are the most dangerous conditions for a fire
- Your life may depend on the decisions you make, even before there is a fire
- Stay safe by going to a safer location early in the morning or the night before
- Homes cannot withstand fires in these conditions
- You may not be able to leave, and help may not be available

The new Fire Danger Ratings have four levels (instead of six) – **Moderate, High, Extreme and Catastrophic**. Each level has clear calls to action, to make it easier for people to know what to do.

On days when there is minimal risk, the white bar (below the green moderate area) meaning "**no rating**" will be used. This is not to say

that fires cannot or will not start, but that the community does not need to actively anticipate a fire spreading in a fast or threatening way.

Fire Danger Ratings are changing from 1 September.



So, what are Fire Danger Ratings?

Good question. We are so glad you asked.

- Fire Danger Ratings describe the potential level of danger should a bush fire start. They do not indicate the chance of a fire occurring, although this is a common misconception.
- Ratings are calculated using a combination of weather forecasting and information about vegetation that could fuel a fire.
- Fire Danger Ratings are important in Australia because bush fires can be extremely dangerous, and people need to be forewarned so that they can take action to protect themselves and their community.

You'll be able to check the daily fire danger for your area on www.rfs.nsw.gov.au

You can also use the *Fires Near Me NSW* smartphone app to check the fire danger for your area.

Speaking of **Fire Permits**

The NSW RFS issues Free Fire Permits for a designated period of time, once the proposed burn area/pile has been inspected and considered safe to light up, given the Fire Danger Rating is no higher than Moderate. If the FDR moves to High or above, even though your Permit may still be valid, it may well be suspended until conditions improve. This is a standard condition of the Permit. Other conditions of the Permit will include, but are not necessarily limited to, giving at least 24 hours' notice of your intention to light up to (1) all your neighbours and (2) your local fire authority.

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**

To learn more about the new **Australian Fire Danger Rating System**, go to www.rfs.nsw.gov.au/newfdr

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News from Nabiac Second Chance Op Shop

Closed Wednesday 3rd August, 2022

Welcome everyone to Spring at last. Hopefully it will start warming up soon.

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.

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 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.

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 causing a safety hazard when we go to open up in the morning. Climbing over them to open the doors can cause 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 August 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.

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

Shed:

There is a large variety of CDs, DVDs, pet bedding, books galore and some really lovely crockery, drinking glasses and cups, furniture and lots more.

We received furniture during the August which sold very quickly. Thankyou to those who donated.

We have a sale on DVDs until further notice in the shed. 15 DVDs 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:

A big thankyou to *Maz Delamonte* for donating another 500 Reusable 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 with you when visiting the Op Shop. Your co-operation is appreciated.

Donations:

A friendly reminder we are unable to accept and sell all electrical appliances, toys, beds, mattresses, babies and child car seats, cradles, cots, mattresses and any internet modems as these should be sent back to the supplier. We can't sell them and we have a lot of these modems lately. Please do not send these to the Op Shop.

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, DVDs and CDs as we have found that they have been causing mould as well. As we do not wash any dirty clothing we are unable to sell it.

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

Your co-operation is greatly appreciate.

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

Any old blankets not suitable for sale will be sold for pet blankets.

All these items would be received with great appreciation.

Please remember your bags.

Kind Regards

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

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WALLAMBA CWA REPORT

President *Margaret Weller* opened the August, 2022 Wallamba CWA meeting at 10.00am and welcomed 12 members and received 4 apologies.

After the opening formalities were concluded members paused to remember the passing of Wallamba district residents, *Terry Wallis* and *Rod Wright*, local auctioneer *David Callaghan's* father, together with Australian entertainers *Dame Olivia Newton John*, *Judith Durham* and Indigenous singer *Archie Roche*.

Member *Merle Barber* supplied our thought which was as follows

"An English Professor wrote the words

"A woman with her man is nothing"

on the blackboard and asked his student to punctuate it correctly.

All the males in the class wrote:

"A Woman, without her man, is nothing",

whilst all the females in the class wrote

"A Woman:- without her, MAN IS NOTHING".

Punctuation is powerful.

Our travelling member *Lyn Matthews* has supplied the thought for our September meeting.

Penny reported that the items that were moved from the cupboard and sent to the local Op Shop have been selling well. It is true; someone else's junk is another's treasure.

Gloucester CWA Branches Day and Evening have extended an invitation to attend the CWA Centenary Seat Unveiling on Friday September 9th in the Pioneer Park at 10.30am, morning tea will follow – *Jean, Merle, Penny and Mary* are hoping to represent the branch that day.

Correspondence included the minutes and various reports from the MNC CWA Group Council meeting which was held 26th July, 2022 and each Branch Officer presented their report on the day.

Friday, August 31st was set down as the Group Cultural and International Day and was being hosted by Wingham CWA Branch. Most of the Wallamba ladies put their hands up to attend and we shall have a report on it at the September meeting. This Group Day has always been a popular one.

Treasurer *Jenny Ang* gave her Financial Report and said she had been unable to attend the Regional Bank's recent Presentation. Member *Beth*, who is also a member of the local RFS, said they had received a donation of \$92 from the Bank's Community Funding on the day.

Our Handicraft Officer *Merle* didn't have much to report this month but has discussed the holding of a workshop at her home on Tuesday October 4th to make needle cases which is the project for this year. *Merle* has asked members to bring along any samples they have from days gone by for a 'show and tell'.

International Officer *Penny Britton* spoke about the Latvian folk dress and showed on a display board many of the different regional costumes which are very colourful. *Penny* had been able to attend the State Seminar held in Dubbo earlier in the month and had a lot of fun, and brought back some great items relating to Latvia including some socks, colourful braids used on the costumes and pamphlets, books and such.

Penny also brought us up to date as to what is happening with "Coins for Friendship" and is now known as "Rural Women in Action"

In *Penny's* Cultural Report she spoke of being able to visit Dubbo's Western Plains Zoo and said it was a great time seeing the Black and White Rhinos but the baby calf stayed out of sight disappointingly. *Penny* loved seeing the Lemurs and the Meer Cats and the Apes and played us a recording of the Siamang Ape. Further extensions planned for the Zoo include a new Vet Hospital

Rehabilitation Centre is to open at the end of this year and next year the Platypus display will open. There are very few fences at the Zoo as they use waterways to separate the animals from each other.

I can remember we visited the Zoo when our two children were around 8 & 10, no doubt it will have changed a lot since then.

Unfortunately an appointment meant AG & Environment Officer *Coral* couldn't make the meeting today but in her place *Merle* spoke on her behalf and brought along several Banksia species that she has growing in her garden including a rare green species. *Merle* spoke of her visit to Heatherbrae Gardens with the Nabiac Garden Club and had a thoroughly enjoyable time.

A husband and wife team from Melbourne were Guest Speakers and told of getting gardens into schools and Nursing Homes as a way of therapy for Dementia etc. *Merle* recommended the gardens as a great place to visit and see what they have in it.

There wasn't anything to report on our Cookery or Catering section at this meeting so we went on to General Business.

Members are advised that the levy for branches will stay the same for



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the coming year as will the membership fee stay at \$43 and is due at the October meeting which is our AGM.

The State Conference which was held in Sydney this year utilised the modern technology of Zoom for members unable to attend; however it was rather expensive around \$40,000 and it is being surveyed to see how many members used it and what segments they viewed.

It is with sadness that we heard that Taree CWA Branch has closed after almost 100 years due to lack of members however one Member *Jean* has transferred to Wingham Branch.

The Queensland Branch of Kingaroy turned 100 years this year and is the oldest Branch in that State and recently featured on a TV program.

In her absence members extended "Happy Birthday Wishes" to our vbgff2116member *Jean Price* whose special day was August 18th – a little birdie tells us it was her 89th we are looking forward to helping her celebrate the big 90 next year.

No further business the meeting closed around 12 noon and then those that could stayed on to enjoy a chat over a cuppa and a bring and share lunch.

The next meeting will be held Tuesday 13th September commencing at 10.00am at the usual venue, The NABIAC Village Community Church Hall. All Welcome.

Pam Muxlow

Sec/Publicity Officer, Wallamba CWA Branch



1/1 Nabiac Street, Nabiac NSW 2312

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 Website: alliancepharmacy.com.au

Nabiac Pharmacy News



Hello all and welcome to Spring!

The unusually high rainfall this year has a lot more pollens for hay-fever than we are used to.

We highly recommend taking a non-sedating anti-histamine on a daily basis. These are available over the counter in small amounts or larger amounts that are even more affordable.

If using a tablet each day is not enough, then we suggest adding nasal sprays or eye drops as well. Each of these are safe and effective.

The other thing that has changed a lot with the rainfall is ticks. Unusually, ticks have been active all over winter and will only get worse. The best thing we can provide for this is "Tick TOX". It is a small spray that snap freezes the ticks before they can inject venom. After spraying them they pretty much just fall off and that's it!

Keep safe,

Tim



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 Nabiac Showground 8am-Midday.
 Last Saturday of each month,
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NEXT market: 24th September.

3 market shopping days until Christmas!

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
 *tea *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

Thank you everyone who kindly donated to "Hope in a suitcase" (HIASC) at the July market.

'Every child, every day, no matter what, deserves to feel loved, safe, and hopeful'

46,000 children are in out-of-home care in Australia




'HOPE IN A SUITCASE AUSTRALIA INC.', a registered non-for-profit charity whose purpose/objective is to advance social or public welfare of children in our community by providing a free service which ensures all children entering, and/or already living in out-of-home care (foster care) can receive a suitcase of


hope full of essential belongings to call their own.

A child often enters foster care with only a plastic bag of belongings, or less, and these bags are then dragged around with them to each placement. Sadly, for many kids, they will move multiple times. These children matter, these children are loved, and these children are just as worthy as any of us. Their belongings and lives are worth more than a plastic bag. These kids should be able to pack their lives into their very own suitcase with pride and a sense of hope.

HIASC aims to send them a message that they are loved, worthy, that they matter, and they are cared for by our community. To encourage self-care by providing a toothbrush, hairbrush, and clean underwear, even sanitary items for the older girls. A pair of Pyjamas or a change



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of clothes. A teddy to cuddle. A journal or colouring in book and pencils to encourage creativity and provide a distraction away from their turmoil. Suitcases are packed to meet the needs of each individual child entering foster care. We regularly and effectively communicate with child protection staff, hospital staff, social workers, and teachers which is how we ensure the suitcases reach these worthy children.

Market News:



The July and August markets were successful, with kind weather and stallholders reporting good sales.

The atmosphere was great at both these markets, it's so lovely seeing people sitting down to enjoy their food whilst listening to the buskers.

Gift shopping

There's a wide range of beautiful jewellery, ceramics and garden art

which make lovely gifts. Why not start early Christmas shopping at the September markets? Honey, skin care, hand sewn textiles, natural candles, macadamias, olive oil, gingerbread, and many more products are available to buy, so the crazy season is all under control.

Fresh Produce




Did you know that fresh produce sells like hotcakes at the market! Our community love local fruit & veg along with fresh seedlings, bread, garlic, curry, spices, olives, relish, olive oil and condiments. Consider holding a stall – we would love to have you. We have a big demand for fresh produce and growing your own veg is so satisfying. Research shows that many of the healthiest populations in the world grew their own veggies! Check out flexible insurance options

and sharing a stall can be good option.

Stall holder applications, email: nfmcoordinator@gmail.com, or download the forms from the website and email them through to us. www.nabiac.com. Find the market under "events".

We have formally welcomed our new coordinator, **Annette O'Rourke**. Welcome Annette! You can contact Annette via FB messenger, email, or the market phone: 0438 012 781.


Continued next page →



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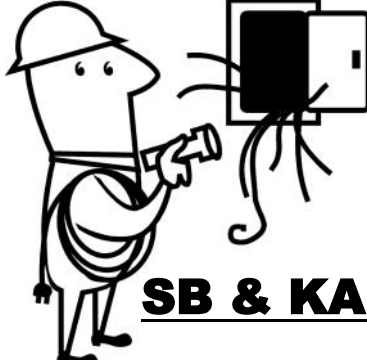
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We regularly post info and updates on Instagram and Facebook. Follow us and stay updated!

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

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

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- ◇ Around half of all donations in Australia today are actually plasma donations.
- ◇ Lifeblood needs to collect the equivalent of an additional four petrol tankers worth of plasma this year – that's around 120,000 extra donations. (2020/2021)
- ◇ We need at least 15,000 additional plasma donors this year to support Australia's growing plasma needs.
(Note This is a simplified version of this approved message: There are currently 182,000 plasma donors in Australia. We need at least 200,000 donors to support Australia's growing plasma needs.)
- ◇ Global demand for one plasma product, immunoglobulin (Ig), has been growing at around 7 per cent each year over the past decade.
- ◇ It can take up to 13 plasma donations to make a single dose of some plasma medicines, which is why so many donors are needed.
- ◇ Demand for plasma is at an all-time high.
- ◇ It takes about two and a half blood donations or just one plasma donation to make a dose of Albumex® 4, which is used for treating shock and blood loss.
- ◇ It only takes a small portion of a plasma donation to make a dose of Rh (D) Immunoglobulin. But, we can only get the plasma used to make it from a small pool of special anti-D donors.
- ◇ It takes around eight blood donations or just three plasma donations to make a 200ml dose of Intragam® P, a treatment for immune and blood disorders. Many people with these conditions need Intragam® monthly or sometimes more often than that.

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Nabiac Village Futures Group

NVFG a community group who oversee the Nabiac Community Strategic Plan

NVFG was set up when the Pacific Highway was changing, and the overpass and the new Mick Weller Bridge were being built. We produced our first Community Strategic plan in November 2004.

Watch out for our next community consultations happening soon at the Nabiac Farmers Markets. Drop in, say hello and tell us your ideas. Our role is to identify the community's vision for the future, and to prioritise these ideas and to assist in achieving a viable and sustainable community.



You'll be surprised what you find in Nabiac



Next meeting date is Wednesday 5th October, 7pm at the Neighbourhood Centre

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to organise signing you up as a volunteer.**

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and have a lot of fun.**



Nabiac Public School News



August has been a really wonderful month for Nabiac Public School students.

We have been having lots of visits from preschool aged children getting ready to start school next year. We had preschool students transform into little pirates and went on a treasure hunt with our principal. The hunt ended in each child finding treasure in the form of a Nabiac Ledend t-shirt. If you have a child who is coming to our school next year and they missed out on joining us, please feel free to come into the office and collect a t-shirt.



Book Week was celebrated in style at NPS this year. On Thursday 26th August we held our Annual Book Character Parade and Book Fair. The students and staff had a wonderful day. Check out the photos below.



RU OK?
NPS students will be participating in R U OK? day on Tuesday 30th August. Students will come dressed in yellow and orange colours and donate a gold coin to this very important cause. Thank you to our SRC for organising this day for our school



Coming up...
We are looking forward to seeing all the Fathers at our special Father's Day BBQ breakfast and assembly on Thursday 1 September. At the end of this term we will be holding our Grandparents day and Walkathon

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Let's go nuts for nutrients ...

Do you like nuts? What are your favourite recipes with nuts?

Nutrient rich, and easy to prepare, nuts are so handy. They add crunch, texture, and interest to many dishes. Choose unsalted, raw nuts, preferably Australian grown or non-GMO. I occasionally enjoy salted pistachios for a change.

Blending soaked nuts to make cream or nut butters adds variety to your pantry. My friend Michelle makes vegetarian nut-based sausage rolls and everyone goes, well, nuts over them!

Nuts are super healthy, especially in the context of a balanced, healthy diet, with plenty of veggies, salad & fruit.



Nuts are nourishing snacks or turn a salad into a meal. My fave is leafy greens, with chopped orange, sultanas, avocado, feta, radish, spring onions & pistachios. Topped with a dressing of olive oil, garlic, orange & honey.

Note: See Melilanda Olives at NABIAC Farmers' Market, on the last Saturday of each month.

Cashews are great in stir-fries with tofu or chicken and sesame seeds, plus loads of vegetables of course!



Nuts contain all three macronutrients:

Protein, Fats & Carbohydrates, plus a range of micronutrients (vitamins & minerals). They are an excellent way to add nutrients to meals or replace meat, fish, or egg for a change.

Different nuts contain varying amounts of micronutrients (vitamins and minerals) such as B-group vitamins and other minerals such as magnesium,

manganese, and zinc.

They contain certain antioxidants too, which help to keep the body's cells healthy, reducing risk of chronic illnesses.

For a breaky that is packed with protein, I put a big spoonful of almond meal in my soaked oats in the morning – along with 4-5

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walnuts & flax meal.

*For info about overnight oats, see the Instagram reel on 5th June:
[@_thenaturalspace_](https://www.instagram.com/_thenaturalspace_)

Do you have trouble digesting nuts? Try these ideas:

1. Pair nuts with foods which contain enzymes to help break down nutrients and make them more bioavailable.
 2. Soaking nuts will help break down phytates, making the nutrients more bioavailable.
 3. Buy activated nuts – which have already been soaked and dehydrated.
 4. Almond meal or other ground nuts are a great option too.
- * Pineapple or kiwi have enzymes called actinidin, which help break down proteins.
 - * Apples contain the enzyme amylase, to help break down starch in the nuts and
 - * Avocado has an enzyme called lipase, to help break down those healthy fats.



Almonds are good sources of Vitamin E, fibre, and magnesium. They are excellent fuel for your good gut bacteria, good for bone health. They are also good for eye, brain, and immune health.

Macadamias are rich in healthy fats, important for heart health. Just a few Brazil nuts each month may reduce cholesterol.


Walnuts contain essential micro-nutrients (vitamins & minerals) such as

follic acid, phosphorous and B6 and are good for brain and nerve health.

1. Walnuts Add to muesli or salads
2. Almonds Ground almonds are good in breaky oats, or to replace regular flour in baked goods.
3. Pecans Use in pecan butter or chopped into salads
4. Macadamias Yum with chocolate, desserts and much more
5. Cashews Stir-fries – perfect vegan food or add to meat & veg dishes
6. Pine nuts Salads and savoury bowls

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7. Pistachios delicious in salads or diced finely through baked veg
8. Brazil nuts Like most nuts, these are versatile, yum in savoury or sweet dishes.

Find local macadamias at Nabiac Farmers' Market, from "Hand & Hoe". They have a range of delicious oils, nut butters and fresh nuts.



Cashew cream is versatile, delicious and a great dairy alternative in deserts or layered savory bakes.

I use it in place of a bechamel sauce. It has a different texture and taste but works well and is much quicker to make!

Cashew cream is a good base for a salad dressing too.

This little dessert is cashew blended with a little cacao and cinnamon. I love using it as a dip with veggies.

For cashew cream recipe ideas, head to the blogs on my website and type "cashew" into the search.

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



[_thenaturalspace_ www.naturalspacenutrition.com](https://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.



DATE FOR YOUR DIARY

"Waves of Quilts"

Black Head Quilters are have an exhibition of their works on *Saturday 5th and Sunday 6th November* at the Black Head Surf Life Saving Club, Black Head
 Full details in next month's issue as a reminder.

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Wallamba Share Cart

Just wanted to let the community know - particularly those not on social media about the share cart that is located on Clarkson Street out the front of St. Paul's Anglican Church Nabiac. It is a place for people to swap/give/take their produce - plants, eggs, fruit & veg etc. If you don't have produce that's ok.

Contributing something outside the box be it a family recipe/coffee grounds/worm wee/honey/kindling/cuttings/flowers from the garden would be appreciated by many

There are no expectations for contributing - the cart is there for the whole community. People who have an excess of things graciously leave it there for others to enjoy. Later down the track you might have something to add. But think outside the box! Cards collected from Coles & Woolies have been excitedly received by the kids. Flower cuttings have brightened up peoples houses. Manure, coffee ground and worm wee have helped many gardens. Biodegradable coffee cups have helped seedlings come to life. So much of one persons 'trash' is another persons treasure.

Ask your neighbours, work mates, family, friends if they have excess produce to donate to our local cart. I can organise pick ups & drop offs if you aren't able/keen to. 'It is in giving that we receive'



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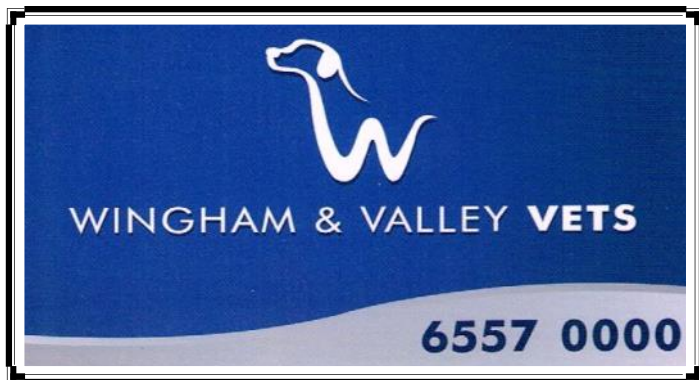


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REAL KULTCHA

My last epistle was produced just before the Commonwealth Games began so if I start now to give you a run-down on what happened, you're going to look at me as if I'm demented! Many have already said that so I'll just give an overview.

A lot of folk, and that's generally people from Europe and the Hew Hess of Hay, think the games are a farce and you'd expect they'd think like that. Why? Well, all the work the Europeans put in trying to create an Empire fell flat and they generally got chucked out of their colonies because they were crud at it and for all their efforts they've now got nuffin', nada, zip, zero! The British, on the other hand, were a tad more benevolent and tended to guide rather than kick and when they did eventually leave, they did so under reasonably good terms. They'd also taught their colonies how to play cricket, soccer and rugby and we all return the favour now by beating the crap out of them regularly.

The US of course, got to the colonising party late and managed only to grab Puerto Rico, a little bit of Samoa and Guam and you could hardly call that an empire! In short, the European powers and the US could hold their "empire games" in a phone booth - with room to spare! They're just jealous they're not invited to play with us.

It's enough to say we won the Commonwealth Games beating England into second and Canada into third. I particularly liked the letter in the SMH that said: *I won 100 medals in my backyard swimming pool. The duck and the dog fought over silver and bronze.* A side issue. Have you ever noticed how, when things are going well, it's England this and England that but when things are not going so well, it's Great Britain this and Great Britain that. How come we let them slip from one entity to another and don't chip them? Like, when they play us in Rugby, it's never us against England, Scotland, Wales or Ireland, oh no, we've got to play *The British Lions!* The things they do to get back at us.

I mentioned some time ago, the *Manly Sea Gulls* front office (apparently) decided to create a Pride jersey for the club but talked to nobody about it until they began to hand them out. Ho-boy! You'd think the front office might have been aware their team had oodles of players from several Pacific islands and those folk take their religion quite seriously. Of course, the Manly jumper already has a number of

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patches on it spruiking betting links and you could think those venues might equate now-a-days to the money-changers in the temples of yore that so upset Jesus, but apparently not. So when the jerseys were handed out the manure (to put it colloquially) hit the oscillator and their season went into free-fall. The letter writers also had a ball: *Given that the religious beliefs of 7 Manly players indirectly caused their defeat by the Roosters, can God now be added to the list of those who hate Manly?* and *Your correspondent should know that God is like every other footy supporter. Every weekend He supports two teams: His own (The Mighty Panthers) and whoever is playing Manly.* also *Is it a sin to barrack for Manly?* The writer remembered switching on towards the end of a phone interview on the ABC when the caller said: *"He's a Manly supporter, but he looks normal."* Personally, I'd say have another look.

But verily I say unto you, probably the capstone of the whole saga came with the last game of Round 22 on August 14th at CBUS Stadium. You guessed it, it was a Sunday and you'd have to think the minds of some – if not all – of those players were somewhere else because *The Titans* whopped *The Sea Gulls* 44 to 24. There's a lesson in there somewhere if anybody wants to go looking. Me, I'm having my own troubles with St George.

From the OMG file: Daniel Ricciardo (the Oz F1 driver) has just been punted from his seat in the McLaren F1 team with still a year to run on his contract. He hasn't achieved that much while driving for them [save for the introduction of the "shoey", and the less said about that, the better] and I guess it all comes down to, is the car not competitive or is he really not a charger? Anyhoo, he'll get a payout of around \$24 million and no, I don't know if that's Oz dollars or US dollars and does it really matter – it's a lot of cash for not driving anything! I'd do that! # I've mentioned the F50 catamaran racing before and they're the boats that get up on foils and go like the clappers! Well, in Plymouth a few weeks ago, the Oz boat *The Flying Roo*, welcomed aboard The Duchess of Cambridge for a fang around the course. I then saw an item when the flotilla of competing boats were in Denmark, Princess Mary got on board *The Roo* and Prince Frederik got on board the Danish vessel. Both boats were doing 68 klms an hour when they crossed the finish line with *The Roo* in front. Go you good thing.

**Talk at you next month,
*The Hillside Critic***

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The Wallamba Watershed's History — Another in a series of historical articles gleaned from the archives of the "Wingham Chronicle & Manning Observer, July, 1898

FLOUR MILL AT KRAMBACH: As advertised, the meeting to consider the matter of forming the Flour Mill Company in connection with Mr J. Wright's sawmill at Fairview near Krambach, was held at Fairview on Saturday 25th June. In spite of the bad roads, flooded state of the rivers and etc., the attendance was large and representative and evinced warm sympathy with the movement. Mr W. Deer, JP, occupied the chair and Mr S.G. Wright acted as secretary. The minutes of the previous meeting was read and confirmed. Messrs M Busted, H. Mackoway and J. Newell, who at the previous meeting were appointed to canvass the district in the interest of the proposed company, now handed in their lists, when it was found that 477 applications had been made for the shares. A proposition was now made by Mr J.J. Gallagher and warmly supported by Mr Lowe and the chairman, that the capital be increased to £1,000. This was vigorously (objected to) by Messrs T. Startin and T.W. Edwards on the grounds of its manifest illegality and injustice to absent shareholders who had taken shares believing the required capital to be £500. After considerable discussion this motion was negatived (sic). It was then proposed by Mr T.W. Edwards, seconded by Mr T. Startin, that the Company be now declared formed. Capital £500, £1 shares, 5 shillings on application. On motion Mr S.G. Wright was appointed secretary at a nominal remuneration until the mill commences operation, when the amount of the secretary's salary will probably be settled definitely. After discussion it was decided that at all shareholders meetings the voting be as follows:- Ten or a fraction of ten shares entitled the holder to one vote, 50 shares to five votes and each succeeding shares held by the same person one vote. Of 477 intending shareholders 404 paid their application fees, the remaining 73 are good. Now it only remains for the shareholders to work with energy and in harmony to make this Wallamba and Manning River Flour Mill Company a great success. The next meeting for the election of Directors will be advertised shortly. No less than 24

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persons were nominated: why I cannot understand. It behoves shareholders to see that good men are elected to these positions. A vote of thanks was accorded to Messrs. H.W. Mackoway, M. Busted and J. Newell, for their praiseworthy in the task allotted to them.

Dairying On the Wallamba—Co-operative Butter Factory. Manning Chronicle and Manning River Observer - November 1903

CO-OPERATIVE BUTTER FACTORY: At the meeting in St Clair Hall, Wallamba River on Saturday afternoon last, re the erection of a Co-operative Butter Factory, there was a large attendance. Mr R. Hanna was voted to the chair. Mr W. Deer, JP, was elected secretary. The minutes of the previous meeting were read and adopted. The share lists, which had been out during the past week, were handed in and read - the total number of £1 shares promised to be taken up being about 900. The question of the site of the factory was then discussed. Mr J.J. Gallagher then proposed and Mr Deer seconded: That the factory be erected at Dyers Crossing. Mr H. McKinnon, JP, moved an amendment which was seconded by Mr J. Logan, that it be erected at Bullock Wharf, Nabitac. Messrs. W. Deer and S. Wright spoke in favour of the Dyers Crossing site. The each dwelt on it being the most central as well as a good site with plenty of good water and thousands of acres of splendid country within a short radius only waiting to be turned into use for dairying. Mr H. McKinnon, with some sound arguments, supported the Bullock Wharf site. Mr J. Breckenridge, JP, also gave some interesting facts on the preservation of butter during its transit from the factory to the wharf and the disadvantages that would ensue from having to convey it from an inland factory to the steamer. The question was then put to the meeting when the voting was:- for Dyers Crossing - 37, for Bullock Wharf - 17.

Canvassers were then appointed to try and bring the share list up to about 1,400 before any further steps be taken.

Note:- the Upper Wallamba Dairy Company's butter factory building was completed by Mr H. Milligan in October, 1904 and was ready for the machinery to be fitted. The factory was opened on Tuesday the 3rd January, 1905 before a crowd of 400-500 people

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Breeding season is here: get your mare's nutrition right from the start

Spring has sprung, which means breeding season is almost here. If you're planning to put your mare in foal this season now is the time to get her nutrition right to ensure she grows a strong, healthy foal. Wondering what's the best feeding practice and diet plan for your mare? Here are our top tips.

Don't over feed your mare

One common mistake owners make is to increase their mare's calories during the early stages of the horse's pregnancy. This is unnecessary for most horses and may lead to your mare becoming overweight and add unwanted risks of complications to her pregnancy.

From conception through to birth, the foetus is growing. However, foetal growth does not happen at a consistent rate. Foetal growth is quite slow during the first seven months of pregnancy and then very rapid during the final trimester. During early and mid-pregnancy, the developing foetus is very small, less than two percent of birth weight, which represents less than two percent of the mare's body weight. Although the foetus needs the correct vitamins and minerals to grow, if your mare is in good condition, she does not necessarily need to have her feed significantly altered or increased in the early stages of the pregnancy.

If your mare is holding too much weight leading up to breeding season you may need to consider decreasing the volume of hard feed given, however when doing this you must be mindful to ensure she is still reaching her daily vitamin and mineral requirements – this is where a balancer pellet could be the best choice for your mare.

Don't under feed your mare

Under feeding your horse or having a mare who is too light on increases the risk of the mare experiencing issues with fertility, colostrum quality and milk production. An underweight mare will also not be able to adequately give the foetus all the vitamins and minerals they need to healthily grow and develop. Addressing your mare's nutrition before she is put in foal is best practice. You do not want to leave this until too late and have a foal born with defects or issues that could have been prevented through feeding.

Make sure you meet the vitamin and mineral requirements

Meeting the mineral and vitamin requirements of pregnant mares during early and late pregnancy is crucial to the development of a healthy foal. It helps prevent deficiencies, that can cause permanent issues or even death of the foal. Feeding the required vitamins and minerals will also help mum and bub maintain a strong immune system and aid the long-term health of your mare for future breeding.

Although a pregnant mares can often be maintained on good quality pasture with little additional feeding, without supplementation of minerals, a pasture-only diet will likely have deficiencies of copper and zinc and depending on your location and types of pasture, there may also be, phosphorous, magnesium, iodine, and selenium deficiencies.

Our top feeds for breeding mares and foals

For the good doer mare - Hygain Balanced

Hygain Balanced is a pelleted all-round, low dose balancer concentrate that provides high levels of vitamin E and selenium for cell health, biotin for hoof and coat health, chelated minerals, quality protein and essential amino acids for muscle development. Mares in optimal body condition (good doers) typically do well on good quality forage and a concentrated vitamin and mineral pellet, such as Hygain Balanced.

The nutrient requirements of the mare during early pregnancy are very similar to the nutrient requirements of a non-pregnant mare. An all forage (hay or pasture) diet will provide most mares with adequate levels of both energy (calories) and protein but is likely deficient in several key minerals. Feeding Balanced during early and mid pregnancy along with good quality forage will ensure the adequate levels of micro and macro minerals along with critical vitamins and being met in the diet.

For the mare that needs conditioning - Pryde's BioMare Cubes

BioMare Cubes is one of the leading feeds for breeding mares and young horses. It's a great choice for mares who are lacking in condition prior to and during their pregnancy. With a set recipe you are guaranteed the same premium quality proteins, which promote muscle growth and milk production, are in every batch.

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Welcome to Deb's Gardening,

Spring is in the air; well it was for a brief moment and from what I have heard it is going to be another wet one. I have noticed the ant mounds starting to form again in the lawn, which is a sign of rain.



Mentioning the lawn, I have been down on my knees this last month pulling out weeds and I almost have it under control. My girlfriend said to me that I should just buy the "Weed and feed" that will do the lot for you as she had just done that to her lawn; saves going down on your knees she said. But I have mentioned this before how therapeutic it is to pull weeds out by hand. I have had my daughter and 9 months old granddaughter staying with me and nothing better than sitting outside with them watching the granddaughter play and help pull out the weeds. Obviously pulling out weeds leaves bare patches but a sprinkle of kikuyu seeds will hopefully germinate and cover the patches. I am one for mowing the lawn without a catcher and leaving the grass clippings on the lawn as the clippings break down and that becomes a food source, so weed and feed is covered...

I also mentioned last month the issue with the Satin Bower Birds. Well they are still hanging around but not as many, and they have left the vegetable garden alone. The only crop I lost was the cauliflowers as they stripped the leaves too far back for the cauliflower to recover. I did get a few heads but they were spindle and bolted to seed quickly. So now the plan is to pull them out and prepare the beds ready for my tomatoes as I have not grown tomatoes in that bed. Just a reminder to make sure you rotate your crops, less chance for pest and diseases.

With spring fast approaching it is time to think about preparing the beds for not just tomatoes, but cucumbers, capsicum, corn, beans, pumpkins and potatoes. I will add some compost, blood and bone and old manure to the soil, cover it with a layer of sugar cane mulch and it can do its thing while I raise the seeds.

I am about to raise my seeds in the egg cartons again as they worked

beautifully for the winter vegies. I recently placed another lot of egg cartons into the soil with a follow up crop of raised carrots and beet-root, it is so easy. The carrots that I am picking now, which I raised in the egg cartons and were sown pretty close together are growing straight. I thought that they may strangle each other but they are doing well. Obviously I am thinning them out by picking the smaller ones and eating them first but all in all I am happy with raising carrots in the egg cartons, and there is no sign of the egg cartons, they have broken down into the soil.

This month I have also been busy in the orchard. The citrus fruit is nearly at a end with new buds about to form, so time to fertilise. I have been giving them the ash from the fireplace and blood and bone. I have also weeded and mulched under the trees suppressing any chance of weeds or grass. I pruned back the Red Hot Pokers and used that as mulch on some of the trees; it's basically whatever I can get my hands on.

My family came from the Hawkesbury River and farmed. A cousin still grows citrus by the river and opens up to the public to pick their own. Well you can imagine the seasons that he has had these last few years with the continuous flooding. This season was his worse as the citrus leaves have all turned yellow with minimum fruit. He did fertilise hoping they will come back. He got to the point that he had an agronomist test the soil thinking that it may be depleted but found out that the soil is fine, no deficiencies. We talked about root rot as the citrus have been sitting in water for so long and he is thinking along those lines too, so he has started a spray regime for fungal rot. He has hundreds of trees so he is hoping that they make a comeback but his last resort is to pull out and start again.

My heart went out to him as I know how hard farming is but farmers are a strong breed and he will bounce back. I guess one has to take the good with the bad, just as life itself.

Until next time, happy gardening

Deb



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Where to Turn

When we have a problem or something happens in our life we usually turn somewhere for help and support ... family ... friends ... maybe even prayer. Where do you turn?

Prayer can be the last resort or the first place we go in trouble. We expect the Bible to talk about prayer and it does ... a lot. Prayer is helpful, comforting, and our way of communicating with God. We're admonished to not worry but instead pray about everything, *Philippians 4:6*.

A recent tragic accident of a child becoming paralysed as the result of a teenager jumping on her back in the water has generated emotional responses from around the world ... as people pray for a miracle for the girl and hope for her family, who are also praying for the teenager. Even a woman who doesn't believe in God says she is praying.

We don't have to wait for a problem to start praying. We can talk to God any time ... and He knows what we need before we ask, *Matt 6:8*. The Bible tells us to pray at all times, *1 Thessalonians 5:17* ... and if we feel we can't pray the Holy Spirit will pray for us, *Romans 8:26*.

Universities and other organisations have conducted surveys on the **benefits** of prayer ... with interesting results.

- People who pray and go to church tend to 'be healthier and live longer'. *If you pray to forgive someone it helps you forgive others ... and forgiveness is associated with better health and life satisfaction. *Praying affects regions in your brain that improve self-control, which helps you attain goals. *People who attend church and value religion are 90% less likely to have depression than those who don't. *Those who've been in abusive relationships were helped, by prayer, to recover a positive self image and had less emotional pain. *Other benefits are less anxiety after an operation and reduction in the emotional affect of financial stress. In fact stress and anxiety levels generally plummet. *A survey on children's health states that kids who get involved in church do better in Maths and Reading; kids going to church just once a month are less likely to repeat: and teens whose faith is important get on better

with parents. *A Research on Aging study showed that people who live according to their religious beliefs were less likely to suffer from heart disease.

'That's pretty strong evidence in favour of prayer, wouldn't you say?'

All of these research reports were published by **non-religious** institutions.

Let's be encouraged by including daily prayer in our life to enrich every aspect of it.

The Counsellor

Quotes from thewordfortoday.org.au

Lyn's Larder

LEMON-GARLIC CHICKEN

Lemon, wine and honey create the sweet & sour flavour in this delicious dish. Nice with rice and a green vegetable - Serves 6

INGREDIENTS

6 Skinless, single chicken breast fillets (125 g ea)

MARINADE

8 tsp fresh Lemon juice
 8 tsp White wine or low salt chicken stock
 8 tsp Olive oil
 2 cloves Garlic, crushed
 1 tsp Honey
 4 tsp fresh chopped or 1 tsp dried Oregano
 1/8 tsp Black Pepper
 Lemon slices and fresh oregano sprigs for garnish

METHOD

In a shallow glass dish, combine lemon juice, wine, 4 tsp olive oil, garlic, honey, oregano and pepper. Mix well

Add chicken to marinade, turning to coat. Cover with plastic wrap and refrigerate for 30 minutes.

Heat remaining oil in a large, heavy based fry pan to med/high. Add chicken to pan and fry for one minute, turn over and fry for one minute to seal. Reduce heat to medium and cook for 12 minutes, turning over after 6 minutes, or until cooked through.

Alternately, BBQ on a lightly oiled hotplate over medium heat for 8 minutes on each side or until cooked through, brushing with marinade.

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

September Mass times are Saturday 3rd at 6:00pm - Saturday 10th at 6:00pm - Saturday 17th at 6:00pm
October Mass Saturday 1st 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

September Mass time is Saturday 24th 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,

Wishing all the special men out there a fabulous Father's Day.

Hope you all got to spend some valuable time with family.

I leave you with the saying of the month:

"Life is the most difficult exam. Many people fail because they try to copy, not realising that everyone has a different question paper."

"Belinda" ☺

KRAMBACH HALL HAPPENINGS

HALL MEETINGS: Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 19th September, 2022.** Volunteers and Committee members welcome to join.

HALL MARKETS: 3rd Sunday of the month. **18th 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.



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



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