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# ACROSS THE FENCE

## Remembrance Day

11th Hour of 11th Day of 11th Month



*"lest we forget"*

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

Service time page 7

News from the Wallamba Watershed is a



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## Editorial.

Hi all,

It is approaching Remembrance day and looking at the world news we don't seem to have learnt any lessons from the horrific wars that have taken place during our last century. Political greed seems more important than lives. I worry about our children's future.

Only a couple of local services this month—Bunyah and Nabitac are holding morning Commemoration Services on the day and, possibly, if you go to Krambach you might meet up with some of the locals who just go and quietly stand at their Cenotaph and listen to the service on their radio. Details on page 7

Two new ads, one for Special Event Car Hire and one for Therapeutic treatments. Hope you will support them.

Krambach Country and Music Day is on again, which is great to now see some of the old events returning as we adjust to COVID rules.

The local Artists of the Wallamba are having an art show at Gloucester Art Gallery, showing off and selling a variety of their art works. Mixture of painting, sculpting, painted original lamp shades and whatever else they create. Opens on 10<sup>th</sup> November and runs through to December.

The Nabitac Op-Shop is also have a huge sale to clear their shelves of accumulated goodies to make room for more goodies as they are donated. Some great bargains to be had in op-shops.

If you are a surfer, there is a full page of surf boards up for grabs and some paddock machinery as well. Check out page 30!

Sad news for dog and cat lovers as our local (Firefly) boarding kennel has been sold and, sadly, is not going to remain as a boarding kennel. For those who used Steve's kennel during the holidays, it is going to be a push to get your fur babies into alternative kennels over the Christmas period. Better start looking now!

Diane still has some of her beautiful calendars for sale. Great for Christmas gifts and even to cut up at the end of the year and frame the local area photos. They would make a lovely display on the wall.

**Just received this notice:** from 1<sup>st</sup> November these **plastic** items will be **banned**. Straws, stirrers, cutlery, plates and bowls. Expanded polystyrene food containers including clamshell containers, cups, plates and bowls AND plastic COTTON BUDS! Personal care products containing plastic microbeads.

'til next month

Lyn, & Timidthy (Tilley Cat in spirit)



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## WHAT'S HAPPENING IN NOVEMBER, 2022

### Markets & Events.

• Bulahdelah	(1st Sat)	5 <sup>th</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	6 <sup>th</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	12 <sup>th</sup>	9am to 1.30pm
• Wingham Farmers	(1st Sat)	5 <sup>th</sup>	8am to 12 noon
• Myall Quays	(3rd Sat)	19 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	(3rd Sun)	<b>20<sup>th</sup></b>	
• <b>NABIAC</b>	(Last Sat)	<b>26<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	27 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	27 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	13 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	6 <sup>th</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	26 <sup>th</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	19 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	26 <sup>th</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	13 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	19 <sup>th</sup>	???
• Taree Rotary Book Fair	(3rd Sat)	19 <sup>th</sup>	7.30am to 12.30pm ???

Check out [barringtoncoast.com.au](http://barringtoncoast.com.au) for more info & confirmation

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au  
Production: Lyn Reid  
Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, Nabitac, 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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## Nabiac Landcare

Hmmm....the Nabiac Landcare team was saying ....'things have dried out a bit'...'I don't have muddy knees and boots!'....and the rain said....'I'm back!'.... Our team of bush care workers is continuing to do follow-up weeding at the Lily Pilly Bend reserve.



It is disappointing to notice an increase in the dumping of garden plants and debris; if you don't want something in your garden...we don't want it in the local bushland. If something doesn't fit in your green bin do the right thing and take it to the tip.

I had the privilege to be invited to the launch of the new (4<sup>th</sup>) edition of the booklet, **Garden Escapees and other weeds of bushland and reserves**. This book contains lots of photos, hints for identification and directions for controlling weeds, mainly those that escape from ornamental gardens. The book has been produced by the MidCoast Council and is a credit to the team who put it together, especially **Terry Inkson** and the council weed officers. A limited number of copies are available at the council offices and it is also available to download from the MidCoast Council website. The great thing about the electronic copy is that there are live links to references.

[Garden Escapees weed handbook - MidCoast Council \(nsw.gov.au\)](http://www.midcoastcouncil.nsw.gov.au/garden-escapees-weed-handbook)

The Weed of the Month....it's out there looking beautiful at the moment covered in a shawl like display of white flowers....and stirring up my hay fever. *Ligustrum sinensis*, small (narrow) leaf privet! If you don't know privet, just take a drive along the Wallambah Rd., it's blooming in almost every fence and creek line. I think this is the 'best' I've ever seen privet blooming and by Christmas it will be covered in ripe juicy seeds for water and the birds to spread. Please, remember where your privet is and when the rain stops do the local environment a favour and get rid of it by your favourite weed control method. Consult Weedwise for further information. [NSW WeedWise](http://www.nswweedwise.com.au)



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



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**M**aggie's Farm is not just about wellness and education, but has evolved into a safe haven where there is the sharing of compassion, consideration, communication, inspiration as well as non-judgement in an environment of nature and animals.

We are all on our own individual and very personal journeys in life and there are times where we may need just a little 'difference' in our experience in order to get through the day, week or year. Here at Maggie's Farm, we invite you to leave the worries of the world outside of our gate and enter a unique place where the possibilities of healing can begin.

Imagine this .....Sitting in a grassy paddock, or perhaps under a tree in the house yard, you're breathing in the fresh clean air whilst feeling the gentle breeze rustling through the trees.

As you feel your body beginning to relax you can hear the chirping of birds, or the family of chickens chattering around you as they go about their chicken business, or perhaps there will be the sound of our goats calling out to you or each other.

You are feeling relaxed, safe and comfortable and everything in you in this environment is as it should be.

Nearby our resident horse family is calmly grazing, gently emanating their magnificent heart energy towards YOU! This experience is just what you need and your recuperation and energy restoration has begun.

A respite from the hectic and chaotic world of people, concrete and static energy, surrounded only by Mother Nature and her animal kingdom – stress and anxiety begin to ebb away.

The most amazing transformations can occur when given the opportunity and encouragement and it is our purpose and dedication at Maggie's Farm to provide a safe whol-istic setting for a healthier, happier and more empowered life.



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!

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Between the Pages

Nabiac Library News



Guess what??? **November is International Games MONTH!!!**  
Most MidCoast Libraries will be taking part so head into your local branch to have some fun with games. Share this entertaining time with your friends, family and staff at your library. Bring your own games or try one of ours!!!

Forster, Harrington, Nabiac and Taree Libraries will be taking part in our annual Puzzle Off. Stay tuned to see if current Champs, Taree Library, can retain the winners' trophy?

Our wonderful Branch Librarian, Yasmine emails: -

"Hi Everyone,

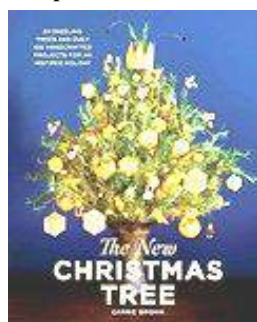
International Games Week has turned into International Games Month. We will have our games available in the library during that time for anyone to come in and play.

The Interbranch Puzzle off will start at 10.00 on Thursday the 10<sup>th</sup> November. As usual we will need to record how many hours the puzzle takes to do.

If you see any puzzlers around please let them know when the competition will start.

If you would like some more information about International Games Month please check [here](#)."

Can you believe Christmas is just around the corner? Do you need inspiration?



**For the Arty and Crafty....**"The New Christmas Tree" by Carrie Brown, found in our Crafts & Hobbies section, has 24 dazzling trees and over 100 handcrafted projects.



"Christmas things to stitch and sew" by Fiona Watt is in Junior Things to Do and has Christmas decorations,

cards, handcraft and needlework.

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**For those who love to entertain and celebrate.....** "4 Ingredients Celebrations" by Kim McCosker - you will discover in our Cooking section.

Please remember these are books currently available at Nabiac Library; reservations for books, magazines, DVDs, etc. from any MidCoast Library branch can be made either by just asking our helpful staff or going online and make a reservation your-

self.

Nabiac Library has a great selection of Christmas reading!!!

*For our Youth readers*—"Stay Another Day" by Juno Dawson

*For our Junior readers* - "Hetty Feather's Christmas" by Jacqueline Wilson, "Letters from Father Christmas" by J.R.R. Tolkien and "Horrible Histories The Big Fat Christmas Book" by Terry Deary (you'll find it in the Peoples & Places section)

*For our Picture Book fans* - "What's a Christmas?" by Hayley Down, "Christmas at Home" by Claire Saxby, "The Christmas Pine" by Julia Donaldson and "An Aussie Christmas Gum Tree" by Jackie Hosking

*For our Large Print enthusiasts* - "The Lopsided Christmas Cake" by Wanda E. Brunstetter, "Owl Be Home for Christmas" by Donna Andrews, "One Magical Christmas" by Berni Stevens

*For our DVD members* "A Christmas Surprise" or "On the 12<sup>th</sup> Day of Christmas"

*For our mystery readers* - "19<sup>th</sup> Christmas" by James Patterson & Maxine Paetro; from the Women's Murder Club series "The Christmas Thief & Other Stories" by Mary Higgins Clark & Carol Higgins Clark.

We can never start too early to enjoy the Spirit of Christmas, prepare for the family feast or create cards and homemade gifts!!! Your library is a great place to start!!

Until next month, enjoy the warmer weather !!! 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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## WALLAMBA CWA REPORT

It is with great sadness that we report the death of our long standing member and Current Branch Patron, Mrs **Iris Cummings**, who passed away on Tuesday 25<sup>th</sup> October, at the wonderful age of 88 years.

Iris was our longest serving member having given 38 years to the Branch of which she was a dedicated member and had served in a number of roles, but mainly as our President for quite a few years and was honoured when asked to be our Patron.

Unfortunately Iris was unable to be present at our October 11<sup>th</sup> Meeting which was also our 58<sup>th</sup> AGM but willingly agreed to be our Patron again.

The meeting was attended by 12 members with four apologies being received and were welcomed by President **Margaret Weller** who presented her President's report and this was then followed by the Branch's Secretary **Pam Muxlow**, and Treasurer **Jenny Ang** with their reports. Other reports were presented by **Penny Britton** with her International and Cultural reports, **Coral Gabriel** gave her Agricultural & Environment report, Cookery Officer **Beth Brewster's** report was short and in absence of Handcraft Officer **Merle Barber**, Coral read her report.

With all reports presented and adopted, President <sup>Margaret</sup> declared all positions vacant and called for nominations to fill the positions. All Executive positions and Branch Office positions were filled with all outgoing members being returned unopposed for another year.

With the AGM completed it was time to hold the monthly meeting and the thought for this meeting was supplied by President Margaret and was as follows – "**Love is just a word,, until someone shows it**".

Member **Jill** is to supply November's thought.

Members paused to remember the passing of district locals George Parker, late of Taree & formerly of Krambach, Joan Jones of Dyer's Crossing, Karen Williams - sister of Louise Collins, and Matt O'Toole together with the people of Ukraine.

Business included Cookery Day being staged at Macksville in early November and **Jean** may go, if well enough. Members **Penny Britton**

& **Jenny Ang** had attended the CWA 100 years birthday celebrations at Port Macquarie Racecourse and had a great day with lots of fun events and photos from the Group Branches on display. Coral had planned to go but couldn't make it because her dog got sick.

Several of our members attended the MNC CWA Group Conference & AGM on Thursday October 20<sup>th</sup> at the Eungai Hall, Eungai and we will receive a full report at our November meeting.

Members extended congratulations to our member **Jean Price** and husband **Kevin** who celebrated their 70<sup>th</sup> Wedding Anniversary on 20<sup>th</sup> September with a family get together planned to celebrate this milestone event – they did receive one of the last Congratulatory messages from Queen Elizabeth 11 before her passing.

**Penny** spoke about the requirements for the International Dressed Doll on Latvia and said it will be judged in March – we are hoping to have an entry this time.

**Coral** brought along a most unusual Banksia seed pod found during her walk along Aerodrome Road, everyone took it to look different.

**Penny's** Cultural Report told us about "The Big Old Bus Band" with locals **Grace** and **Hugh** (Murray) performing at Tuncurry Bowling Club on November 6<sup>th</sup>.

Discussion also followed on where the Branch would hold their Christmas Lunch on Tuesday 13<sup>th</sup> December, after the monthly meeting and President Margaret said she would check out the new eating establishment, "Artisans Farmer's Market", and a decision will be made at the November meeting.

Happy birthday wishes were extended to members **Merle Barber** for 23<sup>rd</sup> October and **Moya Harris** for 24<sup>th</sup> October, - hope ladies you both had a very happy day.

The meeting closed around 12.30pm with the next meeting set down for Tuesday November 8<sup>th</sup> at the Nabitac Village Community Church Hall commencing at 10.00am

**Pam Muxlow**  
 Publicity Officer  
**WALLAMBA CWA BRANCH**

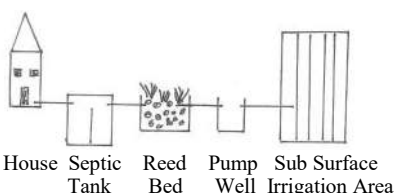
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# Nabiac Public School News



It has been another busy and exciting time for Nabiac Public School students.

We have welcomed once again our preschool-aged children to our school to participate in various introductory activities in readiness for kindergarten next year.

The Very Hungry Caterpillar was the focus of their visits during last month. Mr Tickle, Nabiac Public's wonderful kindergarten teacher, introduced the children to the captivating and very hungry caterpillar by reading them the famous children's story. They even got to create and decorate their own very hungry caterpillars to take home with them. This month we have introduced the children to the canteen and ordering their lunch. They participated in a lesson about money and then had a lovely picnic lunch!

If you have a preschool-aged child who is coming to our school next year and has missed the opportunity to join us in these activities, please let us know so we can arrange future visits with you .



Nabiac Public would like to thank the parents and the community for donating their bread bags to the school. We are thrilled to share with you the school earned the maximum amount (2500 points) and we were able to order soccer balls, netballs and handballs.



## 90's Night

A huge thank you to the P&C for organising such a fantastic 90's fundraising night. The hall looked amazing, the 90's music was a great blast from the past which of course led to much dancing. The photobooth was a nice touch, everyone had a great night! Thank you to the school community for always supporting our wonderful school!

Thank you to all the fathers who attended our Father's Day celebration and assembly. It was a terrific morning.



## Grandparent's Day

The students had a wonderful day with our Grandparents and family members, attending a special assembly, participating in yard games, touring the students' classrooms and joining the students for a picnic.



## RU OK?

NPS students participated in R U OK? Day in August. Students came dressed in yellow and orange colours and donated a gold coin to this very important cause. Thank you to our SRC for organising this day for our school

## Coming up...

Our Presentation Day and Year 6 Farewell celebrations are fast approaching. We are busy organising, fundraising and preparing for these wonderful events coming up.



## Bumblebee Drafting



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**SUNDAY 27TH NOVEMBER**

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## 'Mixed Nuts!'

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Artists of Wallamba

From 10<sup>th</sup> November – 4<sup>th</sup> December 2022

Opening reception 2pm on Saturday 12<sup>th</sup> November



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### Remembrance Day

The 11<sup>th</sup> day of the 11<sup>th</sup> month at the 11<sup>th</sup> hour

when we lower our heads in remembrance of those soldiers, sailors and airmen and women who gave their lives in battle to secure our safety and way of life in all the wars since the first World War.

This also include the people who worked in secret to help the forces do their "duty".

The Nabiac RSL Sub Branch is holding a Commemoration Service at the Nabiac Memorial Park on 11<sup>th</sup> November, 2022.

Fall in time is 10.30 for 10.40am so that we can hear the Last Post at exactly 11.00am

### REMEMBRANCE DAY SERVICE

will be held at

BUNYAH HALL CENOTAPH

Willina Road, Bunyah

Commencing 10.30 am

Light Morning Tea will follow



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## MINIMBAH MATTERS

Minimbah Rural Fire Brigade has a memory jog for you this month. It's not nearly as physically taxing as a jog around the block.



### It's November – Time to Remember

Remember, on the first Tuesday of November the Reserve Bank has their say

As to whether interest rates go up, or down, or stay the same old way.

Remember, the "Race that Stops the Nation" is held, coincidentally, on that day

With much more fun and frivolity, some will win and some will dearly pay.

November 5<sup>th</sup> is still remembered fondly by those of memories long past

For on that day Guy Fawkes made quite the impression when he set off his famous blast.

Then at 11 o'clock on the 11<sup>th</sup> day of the 11<sup>th</sup> month – we call it Remembrance Day,

Everyone stops and all is silent, to honour those who with their lives did pay.

With the turkey front and centre on the fourth Thursday of November Especially in America, Thanksgiving is a very special day to remember. The Aussie Bureau of Statistics remind us how Emergency people help out and save;

Due to fires and floods etc., it was 1.5 billion hours last year that our volunteers freely gave.

While the number is most impressive, and the cost\* really is quite staggering,

Imagine what would happen if people were selfish and stopped volunteering.

It is well worth remembering, especially in hours of need The folk from so many different walks of life who are generous with

their deeds.

On the subject of remembering, do you remember when We had long periods of fine weather and high temps? There were bush fires then!

At times it seems so long ago but some things do not change We've had the rain, the grass has 'ris' and we know where all those birdies is.

Lush green grass won't last long once the heat and hot winds come around

A dry thunderstorm; a lightning strike; and suddenly there's fire on the ground.

It would help to remember, not just in November, a few simple things you should do;

Fire Permits are needed; rules should be headed; then authorities won't bother you.

Once more we do ask, and we know you're up to the task, Please be careful and stay safe - in our thanks you will then bask. If you're about to light that fire, notify Fire Control at least 24 hours prior.

It's as easy as pie, ring them or go online and use **notify** to stay out of the mire.

**NSW RFS Mid Coast Fire Control Centre on 1300 643 262**

**[www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify)**

Report unattended fires to Triple Zero (000)

\* According to the Australian Bureau of Statistics, 1.2 billion volunteer hours equates to

\$127 billion that the Australian Tax Payers have not had to pay.

*P.S. Don't forget – Christmas is only about eight weeks away. Remember when there was a whole long year between Christmases. Now all our Christmases seem to come at once.*

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## News from Nabiac Second Chance Op Shop

Closed Wednesday 2nd November, 2022

PLEASE REMEMBER TO BRING YOUR BAGS WHEN VISITING THE OP SHOP AND SHED.

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.

### DATES TO REMEMBER:

Closed Wednesday 2<sup>nd</sup> November, 2022 being 1<sup>st</sup> Wednesday of November.

Closed Tuesday 8<sup>th</sup> November, 2022 due to a planned power outage at this stage. If this should change we will be open.

I will notify everyone through NN&C.

### VOLUNTEERS CHRISTMAS PARTY

Wednesday 7<sup>th</sup> December, 2022. This year we are going to Brooke McClymont's and Adam Eckersley's property at Wang Wauk, called "Hang at the Wang". They have generously offered the volunteers a lovely afternoon with lunch and entertainment. More information about Hang at the Wang can be found on their website

[www.brookeandadam.com/HATW/Brooke and Adam](http://www.brookeandadam.com/HATW/Brooke%20and%20Adam).

A great big thankyou to Brooke, Adam, Matt and Nikki for this great opportunity to visit and celebrate Christmas with you all.

We are all looking forward to this awesome afternoon.

Op Shop and Shed Christmas closure dates will be from **Saturday 17<sup>th</sup> December, 2022 at 12.00pm and reopening 9<sup>th</sup> January, 2023 at 9.00am.**

Please hold all donations until the Op Shop reopens as the volunteers will be having a very well earned Christmas Holiday break. Thankyou in advance for your co-operation.

### Donations:

A friendly reminder about donations. Please **do not** leave your donations on the front veranda in front of any of the doors as it is causing a safety hazard when we go to open up in the morning. Climbing over donations to open the doors can and will cause an accident.

This has been happening a lot lately. Please do not leave large heavy bags at the doors either as we are unable to lift them. Bring them in when the Shop is open.

We are very grateful for your donations and the last week we have had some really good quality donations come in which we are very grateful to accept.

I can't stress this enough, that this is a safety hazard. Safety is always considered a priority at the Op Shop and Shed for volunteers.

I would like to take this opportunity to thank everyone who donates and have been considerate with your donations in the last couple of

weeks. Large bags and boxes have been brought in during opening hours which makes a big difference. Also the contents have been usable. Great big **thankyou** from all of us volunteers for making the sorting so much more pleasurable.

Once again to remind you that we cannot accept the following: Electrical, Toys, mechanical goods, bikes, helmets, baby capsules, kid car seats, high chairs, prams, cots, beds, mattresses, air beds, all floatation devises and pillows. This is because our insurance does not allow us to accept and/or on sell these goods.

So when these goods are left it costs the Op Shop to dispose of them. We do appreciate your clean and saleable donations and generosity.

### VOLUNTEERS:

We are still looking for more volunteers for the Op Shop and Shed.

### SHOP AND SHED:

The Op Shop had another good month for sales and donations for October, 2022.

See our full page advertisement for our upcoming sales in the Op Shop and Shed.

Good luck to everyone on the Melbourne Cup.

Kind Regards

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

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## Show News

It's that time of the year when we start thinking about Christmas and all that it entails.

This is also happening in the background for the Committee who put on the Nabitac show in 2023. By the time this goes to press, we will be down to approx. 130 days. As the weeks start rolling by, we will get busier and busier.

Some exciting news we would like to share is one of our big attractions will be a stunt show by the *Freestyle Kings Moto X group*. For those who have been following AGT on television in the past few weeks, you will have seen a glimpse of their exciting and dangerous stunts display aired about two weeks ago. They are highly sought after, and we have been lucky enough to have them booked in. It is sure to be an eye-popping show and we are told it is great family entertainment and the reviews have been very positive.

Another event we are holding and are excited about is the Tug-o-war competitions. We have obtained good sponsorship for next year and would love to hear from any teams (even at this early stage) that have decided to compete. The show will have a Men's event, a Women's event and Children's event (which will be 16 years and under). Keep an eye on our Facebook page for details and where to register for the event.

**Carol Baines** – WDA&H Secretary

Phone - 0404 963 779

Email – [secretary\\_wdah@outlook.com](mailto:secretary_wdah@outlook.com)

Information – [www.nabitac.com/show](http://www.nabitac.com/show)

NEXT SHOW – Sat. 11<sup>th</sup> March, 2023

## DONK

A reminder that Nabitac's old vehicle and engine group DONK, will be in action again on Australia Day 3023 at 80 Clarkson St. Hopefully several shops/ food venues will assist in celebrating our National Day. More info as we get closer.

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Last Saturday of each month,  
except December.

**NEXT market: Saturday, 26<sup>th</sup> November, 8am to 12noon**



**\*\*\*1 market shopping days until Christmas!\*\*\***

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- \*garden-art \*chooks \*dog treats \*beer \*seedlings
- \*unique jewellery \*sourdough bread \*market BBQ \*food \*live music.

**Market news:**

What a fantastic Market Day on Saturday! Thank you to everyone for coming out and shopping local! Thank you to the amazing committee for tidying the grounds the previous day. Thank you to *Annette* for sending me this update straight afterwards, just in the nick of time to make the ATF deadline.


**Coordinator's report for October Market.**



Produce stalls were sold out or very little left by 10.30am. Bakery and plants were popular and so was the new slice stall. Thai food



was busy and pizza also. A great day had by all.

Just a few photos I took today. You can see the people came out and the sun was





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**The November market is the last one for the year!**

Come along, enjoy great food and coffee, and shop local for Christmas -there's plenty of gift ideas and culinary delights for the festive season.

**Stall holder feature.**

**Hazel & Paul Cotton. Cottonwood Farm.**



Their fresh produce market stall is bursting at the seams with goodness. They have an interesting story, in which life on the land has always played a part...

For over thirty years Paul and Hazel have lived and worked on their beautiful 100-acre property in Coolongolook. Originally bought as a freshwater crayfish farm, the business morphed into a wholesale manufacturing business, selling timber products nationwide and employing local staff.

In their spare time, Hazel and Paul also bred, trained, and worked draught horses, sometimes using them to plough the ground before planting. All parties involved agreed the tractor was preferable! Paul's first love (apart from Hazel) has always been in farming. In fact, the couple met on a pig farm in the UK where Paul (aged seventeen) was working, and Hazel (fifteen) kept her first pony.



Paul started growing chemical-free vegetables in 2015, after retiring. He was inspired by his father's experience of feeding a family of six after the second world war. This was during a time when food was scarce in the UK and rationing was still a reality.

From humble beginnings with a wheelbarrow, created from converted farm implements and an umbrella, Paul and Hazel's stall at local markets has grown to be one of the largest, stocking seasonal, freshly dug, and hand-picked vegetables.

Their property boasts a wide of quality produce, including Dutch Cream potatoes, Jerusalem Artichokes, and the best sweet corn on the coast. Also, ginger, garlic, daikon, beetroot, spinach, cabbage,



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onions, spring onions, broad beans, snow peas, lettuce and cucumber. The list goes on! ... Zucchini, pak-choy, mandarins, lemons, and finger limes.

Paul is always searching for something different to try and has currently planted twelve different pumpkin varieties.



Both Hazel and Paul are passionate about leaving as small a footprint as possible on the environment. They compete with every conceivable form of wildlife, who also appreciate the tasty buffet provided, however all Cottonwood Farm produce is chemical free. Paul is always happy to advise and help those who aspire to grow their own fresh veggies and Hazel usually has a recipe

or two to share.

Make sure to pay a visit to their stall at the next Nabiac market. They also hold their stall at Forster Farmer's Market and Blackhead Bazaar.



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

You can contact our coordinator, Annette, via FB messenger, email, or the market phone: 0438 012 781.

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 Nabiac Farmers' Market committee.




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### 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.



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# NABIAAC 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.

## Community Meeting - CHANGE OF VENUE

The community meeting will now be held in the Meeting Room at Aub Ferris Sports Complex (at the end of Showground Lane) to discuss priorities for our community on **Wednesday 16th November from 6pm.**

We will be asking the community to put forward 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. We want to ensure that the priorities remain reflective of the emerging needs of the community. The Strategic Plan sets out how we will achieve this.

It's **our** plan, not Midcoast Council's plan.

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

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

**Next Meeting:**  
Wednesday 7th  
December, 7pm at the  
Neighbourhood Centre

# NABIAC SECOND CHANCE OPPORTUNITY SHOP

37 Nabiac Street, Nabiac

Open Monday to Saturday (except the first Wednesday of the month)  
From 9.00am to 12.00 noon

## SALES SALES SALES

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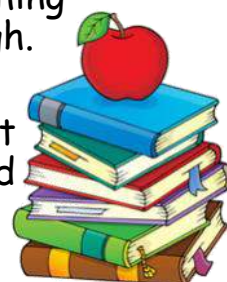
Books for Children and young readers - 3 for \$1.00.

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

All our Christmas decorations including wrapping paper, clothing have been put out on display. Large variety to go through.

There are some Christmas trees as well.

So come in and have a look in the shed you might find that special something for a family member or friend for Christmas.



### The Shop:

There is a \$5.00 bag sale from 1<sup>st</sup> November 2022 to 17<sup>th</sup> December 2022.

Come in and fill a bag. We have a lot of good quality clothing including some big brands.

Jeans and priced clothing will be half price in this sale.

Ladies, Men's, Children and Babies clothing only.

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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" - 1902 - 1903

#### Wallamba River Agricultural & Horticultural Association: July, 1902:-

A meeting of the above was held in the School of Arts on Thursday night last. Mr Hugh McKinnon (President) in the chair. The Secretary, Mr Jas Gleeson, read correspondence from the Lands Department acknowledging the receipt of half the survey fees in connection with the grant of 8 acres made by that Department for the use of the association. Trustees were then appointed for the land and the Secretary was instructed to apply at once for a special grant for clearing it. The following gentlemen were appointed to canvas the district to enrol members, namely Messrs Jas Gleeson, H. McKinnon, T. Startin, H. Weller and Jas Busted, snr. It was the general opinion that the first show should be held in the School of Arts, that the new recreation be used for the stock parade and that the show take place about February or March next. On the motion of Mr Jas. Logan the Secretary was instructed to obtain members cards and hand some to each of the canvassers. Mr Logan wished the Chairman to explain how the members fee came to be lowered to 5/- for men and 2/6 for the ladies. Mr McKinnon explained that the previous motion had been duly rescinded and the lower fee submitted and that it was carried almost unanimously at the last meeting. He was of the opinion that this would induce many more to join and make the association a greater one. The meeting was then adjourned to the Thursday before the full moon in October.

**The Writers Comment:** Despite the enthusiasm shown by the early pioneers to stage an Agricultural Show on the Wallamba, the very first show didn't take place until the year 1912. What interrupted the plans for staging a show we will never know. The staging of an Agricultural show would have been covered by the newspapers of the day but sadly all the newspapers published between July, 1902 and 1912 are missing from the records at the Taree library. Many problems could have prevented the staging of a show such as raising funds for the erection of the show building and lack of support by the community, but sadly it's a part of the Wallamba history that no one

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can answer. (Bob Mann)

#### Dairying On the Wallamba. November, 1903: Co-Operative Butter

**Factory.** At the meeting in St Clair's 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, J.P., was elected Secretary pro-term. The minutes of the previous meeting were read and adopted. The share lists, which had been out during the past week, were then 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 proposed and Mr Deer seconded "That the factory be erected at Dyers Crossing". Mr H. McKinnon, J.P. 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. They 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 good sound arguments supported the Bullock Wharf site. Mr. J. Breckenridge, J.P., 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 carry it from an inland factory to the steamer. The question was then put to the meeting when the voting was Dyers Crossing - 37 and for Bullock Wharf - 17. Canvassers were then appointed to try and bring the share list up to about (?) before any further steps could be taken.

**Factory News: Manning River Times May, 1904:** The recently formed Upper Wallamba Dairy Company has accepted Mr Milligan's tender of £350 for the erection of the factory at Dyers Crossing. The building which will be constructed of hardwood and pine with a concrete floor is to be completed in 17 weeks time.

**Manning River Times - October 19th, 1904 Factory Completed:** The upper Wallamba Dairy Company's butter factory at Dyers Crossing was completed last week by Mr Milligan, the contractor. The factory was opened on Tuesday the 3rd January, 1905 before a crowd of 400 to 500 people.



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### Magnesium:

The magnesium craze is in full swing! Are you wondering what it is and what it's for?

Do you know which foods are magnesium rich? Here's some general info, to raise awareness. Read on! ...



Magnesium plays a role in around 600 biochemical interactions in the body! It's super important. It is found throughout the body, however some people are lacking this mineral, partly due to age and partly due to lacking dietary intake from foods rich in magnesium. Unfortunately, depleted soils can mean that some foods are depleted in magnesium too.

#### The role of magnesium includes:

- nerve and muscle functioning
- digestion & metabolism
- heart health
- building strong bones & proteins

**What healthy habits are you adding this week?** How about adding some nuts & seeds to boost your magnesium intake? They're easy to add to yoghurt, muesli, salads, dukkah, and stir-fries. Also sprinkle on top of soups.

Are you taking magnesium to rest & sleep?

Did you know that restless legs may not be a magnesium deficiency, but could be an iron deficiency? If in doubt – talk to your doc!

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#### Things to consider:

1. **Talk to your health practitioner.** A blood test may help determine your magnesium levels.
2. **Do your research, seek advice** and if you need supplements, take the right amount and type for your body and your unique health requirements.
3. **What foods you can add?** - see the list below!
4. **Chicken, broccoli & beetroot** also contains some magnesium, there are lesser amounts in beef.
5. **Supplements** are unlikely to help if your body is not deficient.
6. **Taking too much magnesium**, or of any mineral may create an imbalance.
7. **We all have individual health histories.** Supplementing may be important for your body, but it doesn't mean it's necessary for everyone.
8. **Be aware of habits.** Are you in a habit of taking magnesium, rather than for your body's specific requirements?

Food sources of Magnesium	
*Per Cup	*approx numbers
1. Hemp seeds -	800mg
2. Sunflower seeds -	455mg
3. Almonds -	393mg
4. Chickpeas -	230mg
5. Pumpkin seeds -	168mg
6. Spinach -	156mg
7. quinoa -	118mg
8. Brown rice -	84mg
9. Tofu -	74mg
10. Black beans -	60mg
11. Salmon -	53mg
12. Avocado -	42mg

**RDI women:**  
320mg per day

**RDI Men:**  
400mg per day

Laura Pennington  
[www.naturalspacenutrition.com](http://www.naturalspacenutrition.com)

All these foods are super nutritious, packed with micro, and macro nutrients for a healthy body and healthy mind.

Would you like to know more about magnesium? Tips for adding magnesium foods, possible symptoms of deficiency and more? Head to the website – link below – and click on blogs and type in "Magnesium".

This is general info, aimed to boost awareness.

#### Every step toward a healthier you, is an achievement:

However small, each step you take toward improved health can have a big impact. You're doing a great job.



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

Laura xx.





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Diane still is taking orders for her

calendar.

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Lots of space in the days for all of your appointment notations.

They are beautifully coloured prints of some of the old building around Krumbach, Dyers Crossing, Firefly and Nabiac.

Many are places that you can't see from the road, so would not know they were there.

It is a limited edition so don't leave purchasing one for too long.

She also has some of her Ceramic, cork backed drink coasters (sets of 4 in a box) with similar photos on them.

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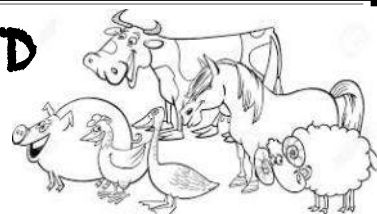
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Messages are sent to your brain at around 360 kilometres (224 miles) per hour. (I think my 'brainwaves' have technical issues!)

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OUR EXPERIENCE  YOUR IMAGINATION

## REAL KULTCHA

It's October and I love this time of year. The Child Bride and I have been watching (on average) about three or four MLB game a week for many months now but at the moment the playoffs are coming down to whip crackin' time. Yep, the two MLB Leagues – the National and the American – are holding their Championships series as I write this and by the time you read it they'll probably have finished and the World Series will be under way! Yep, it's baseball I'm talking about and I have to tell you I've been a player and fan for more years than I care to think about. Between, softball at lunch times early in my working life to baseball at weekends and then (while I was overseas) fast pitch and slow pitch softball - I'm a tragic! I even have the biggest and ugliest trophy you've ever laid your eyes on as a result of a competition I played in, in Singapore and we won it! Touch the trophy and I'll break your hand – I worked very hard for it!

Yep, it's a great time of year but now a couple of wrinkles have started to appear. Sponsorship. If somebody is going to drop a pretty big bucket of moolah into a sport's lap then here in Australia – at least up until now – sports very quickly saluted and whatever was being asked in return was gladly given. “*I just want to meet her!*” That was what Harry Triguboff put on the table. Who is Harry Triguboff, I hear you mumble? Well, he's the founder of the firm *Meriton* and they dropped \$645,000 in one off payments to Australia's 2021 Tokyo Olympic medallists, despite having no formal arrangements with the AOC, any sport or any athletes! And what was the deal? He just wanted to meet swimming golden girl Emma McKeon and see a picture of them together in the next day's papers (as reported in the *SMH* 20/10/2022 p 43). The request was met but now there seems to be a problem with Gina Rinehart. She has spread the money around quite lavishly (said to be around \$15 million for netball alone) but now some players have raised the issue of having to wear the *Hancock Prospecting* logo on the dresses in an up coming series. In addition to that, *The Galahs* have raised an issue with their sponsor *Alinta*, who is an energy company and the team is said to be not all that impressed with the company's emissions record! What about *The Rainbow Seven* at Manly who refused to wear a jersey on religious grounds?

Do you remember back in *the good old days*, when sponsorship money, for all manner of teams, came from cigarette manufacturers, oil producers and even alcohol companies? How did you feel about that then and how do you feel now? What's your stand on say, the minor

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league Oz Rules club St Kilda City accepting jersey sponsorship from .... wait for it .... the California sex parlour? What happens if nobody is prepared to put up the cash to support my team/your team/our team are you, I and us prepared to put our hands **DEEP** into our pockets to meet the costs of all those teams? Do the players have the right (given either we cough up or there's no team) to pick and choose who they want to sponsor them? Do they have the right to threaten our enjoyment of the many sports that now seem to be at risk?

On the broad panorama of sports we all can (at the moment, at least ) still watch, the NFL has just begun as well. I don't know when I'll get to see the half dozen games I've recorded so far though if this rain keeps up and with the baseball soon to finish, I may have a chance.

Now that, what is said to be, the strongest Rugby League competition in the world has finished, Mal Meninga has his squad over in the UK playing in the Men's Rugby League World Cup. His biggest problem is (as I see it) getting the boys up again after their season's finish as some of the players haven't run on a field for a while. He seems to be doing that quite well though, as last night we walloped the Scots 84 to zip and as the old saying goes: *they were lucky to get zip!* I'd have to muse though I expect the games will get tougher.

Also playing at the moment are *The Wallaroos* and *The Jillaroos* and for those of you who haven't been paying attention, they are, respectively, the Australian women's Rugby side and the Australian women's Rugby League side. *The Wallaroos* are in New Zealand for their World Cup and *The Jillaroos* are in the UK playing in their World Cup as well.

Of course, the elephant in the room at the moment is the biggie, *The Melbourne Cup*. In the lead up to that we've had *The Everest* and *The Golden Eagle* and a plethora of other races run and yet to be run. I hope, if you put a bet on, you won something. I didn't win anything because I'm a disciple of the late Frank Hardy and his advice always was: “The four legged lottery is a mug's game!”

Talk at you next month,

*The Hillside Critic*

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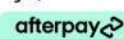
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### Essential items for the grooming kit

Keeping your horse groomed and maintained is an important part of horse ownership and husbandry. Keeping your kit stocked with all the essentials will make caring for your horse much easier (and more enjoyable!)

**Hoof pick:** As the saying goes "no hoof, no horse", that's why this tool should be number one in everyone's grooming kit and the first task undertaken when grooming your horse. It's important to clean your horse's hooves out daily to remove any unwanted dirt and debris. This also provides you with the perfect opportunity to make sure they're injury free and fit for riding. When cleaning your horse's hooves be sure to check for issues such as cracks, stone bruises, puncture wounds, abscesses, thrush, seedy toe and white line disease. Hoof picks come in many different shapes and styles. Our top choice is a pick with a brush on the end to help clean away excess dirt so you can get a good look at your horse's hooves

**Hoof oil:** Hoof oil is another import item to keep on hand. Generally oiling your horse's hooves doesn't need to be done every day, aim for 2-3 times per week depending on the weather. Hoof oil helps maintain the hooves' natural moisture, meaning when the weather is dry oil will keep moisture locked in and when the weather is wet it will keep excess moisture out.

**Body brush:** A body brush is one of the most important brushes used for horse grooming. As the name suggest this brush is designed to be used all over the horse's body. The body brush has short soft bristles making it ideal for full body use.

**Curry comb:** A curry comb is your go to tool for removing dirt and excess hair. Curry combs are usually made from rubber and have short teeth that work wonders for removing unwanted dirt and debris. The curry comb is often the first brush used on the horse to loosen excess hair and caked on mud. Curry combs are also great for giving your horse a body massage.

**Dandy brush:** A dandy brush is an oval shaped brush with long, stiff bristles. A dandy brush is used for removing excess dirt, particularly dirt already loosened by the curry comb. The dandy brush is a useful tool for the horse's legs when mud is present. Avoid using this brush around your horse's face, as some horses do not like the feeling of the stiffer bristles on their face, ears and eyes.

**Magic hair removal block:** If you've never seen or heard of a magic block – it's time you did. This will be your best friend come spring when your horse begins to shed its winter coat. The Magic Block simply and easily removes moulting hair. Made of lightweight pumice stone with 'open pore' bubbles that remove loose hair, dust and dirt from your horse. This tool can also be used for hair removal from

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rugs and saddle cloths.

**Mane and tail brush:** The mane and tail brush, as the name suggests is used for grooming, detangling and maintaining your horse's mane and tail. This brush has bristles very similar to that of a human hair-brush. When brushing your horse's mane and tail be sure to start from the bottom and slowly inch your way up, that way you will not be breaking and ripping out their long, luscious locks.

**Mail and tail comb:** Again, this product is self-explanatory, the mane and tail comb is used for detangling and styling. Often additional to de-knotting, combs are used for parting the mane and tail for plating, braiding, and creating quarter marks.

**NRG No-Nots:** Say goodbye to hours of detangling with NRG No-Nots. Simply spray NRG No-Nots into the mane and tail making sure all areas have been covered with the solution. Then simply groom the hair with a light brush and comb. This product will make your grooming job so much easier!

**Shampoo & conditioner:** When washing your horse, it's important to use a shampoo and conditioner that has been formulated for horses. Horse skin has a different pH level to humans'. Human shampoo will strip the natural oil out of your horse's skin and coat; therefore it is always best to use a shampoo specifically made for your equine friend. It's also important not to wash your horse too frequently as

this, too, will strip him of all his natural goodness.

**Sponge/ washing mitt:** Make your life easier when washing your horse and invest in a sponge or washing mitt. This is the best way to penetrate deep into the coat and give it a thorough clean.

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## Welcome to Deb's Gardening,



Well it is happening again. I was watching a report on TV and La Nina is back and the wet weather will be with us again till autumn next year. With so much rain flooding the state and our growing regions, this will affect the availability of food in the months to come. It is such a sad and depressing sight seeing so much flood and disaster that it breaks my heart and leaves me feeling hopeless.

With the expected food supply shortage and, of course, the rise in cost, I am thinking about growing my own grains to make my own bread and really be self sufficient. There are a number of different types of grains which are from the botanical family 'Poaceae' including wheat, oats, rice, corn (maize), bailey, sorghum, rye and millet.

I have never grown grain before and after doing a bit of research it isn't that hard. (I grow sweet corn every year but I eat it as a cob or in salads. I've never thought to use it to make my own corn flour or thought of it as a grain food, I always thought of it as a vegetable). My only problem is the ground work. I would have to fence off another area to keep the wallabies out, as the vegetable garden is full and has no room for grains.

One of my biggest mistakes in the garden was planting an elderberry tree near the vegetable garden. I planted one at my tomato farm near a glass house and it grew nicely. I see them on the side of the road everywhere in a nice compact state. Here, at home, it became a monster and sent roots up through the garden beds. It grew four times the size of the one at the tomato farm. So with my trusty new battery charged chain saw, down it came last week. It has made a big difference to the space that it has given me room to extend the

vegetable garden down the slope into the orchard and with a new fence that could be the new grain area. Mmmmm food for thought.

I do intend to plant another Elderberry tree but plant it away from the garden because it has so many uses- The berries and flowers of the elderberry are packed with antioxidants and vitamins that may boost your immune system. They could help tame inflammation, lessen stress, and help protect your heart, too. Some experts recommend elderberry to help and ease cold and flu symptoms. Birds love them and it makes a lovely liquor and cordial, plus it is a lovely tree, it's just too invasive; at least the elderberry is easy to propagate.

I couldn't help myself yesterday when I was out and about. I had to go to the nursery and buy more annuals and shrubs to fill a few gaps. The weather man said that we are in for a week of warm weather and sunshine from tomorrow, hooray. With the weather warming up, as much as I would love to go out and plant them today, I have decided to let the plants harden off. Hardening off is the process allowing a plant to transition from a protected environment, such as a green house, to the harsh outdoor conditions of fluctuating spring temperatures and full sun exposure. I don't know how long they have been in the nursery for and being seedlings, if I plant them they may go into shock once the warm weather arrives. Hardening up plants means that you pop the pots and punnets in the sun, leave them for at least a week, water when they need it. Once you plant them, they will settle in the ground better and I won't get as many losses.

Until next time, remember "Positive anything is better than negative nothing"

Happy gardening

Deb



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## DEAR NEIGHBOR

Hi, Morris. This is Saul, next door. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. When you're not around, I've been sharing your wife, day and night, probably much more than you. I haven't been getting it at home recently. I know that's no excuse. The temptation was just too great. I can't live with the guilt & hope you'll accept my sincere apology and forgive me.

Please suggest a fee for usage and I'll pay you.

- Saul.

Morris, feeling enraged and betrayed, grabbed his gun, went next door, and shot Saul dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Morris then looked at his phone and discovered a second text message from Saul.

## SECOND TEXT MESSAGE:

Hi, Morris. Saul here again. Sorry about the typo on my last text. I assume you figured it out and noticed that the darned Spell-Check had changed "wi-fi" to "wife." Technology, huh? It'll be the death of us.

*(bet you all thought it was a dirty joke! Tut tut)*

## Plastic

So let me get this straight

I go to the grocery store and buy:

A kilogram of sliced ham wrapped in plastic

A loaf of bread in a plastic bag.

A litre of milk in a plastic bottle.

A packet of napkins wrapped in plastic.

A ready made salad in a plastic container.

A plastic bottle of ketchup,

But they won't give me a plastic bag to carry it home, because the plastic bag is bad for the environment.

Could start a similar list re batteries replacing petrol & electricity.



## Lawyers should never ask a Georgia grandma a question if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?'

She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defence attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defence attorney nearly died.

The judge asked both counsellors to approach the bench and, in a very quiet voice, said,

'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'

Since Youngsters of Today have their Texting Codes (LOL, OMG, TTYL, etc.) the oldies decided not to be outdone by these kids and now have developed our own codes too:

**ATD** - At the Doctor's

**BFF** - Best Friend's Funeral

**BTW** - Bring the Wheelchair

**BYOT** - Bring your own teeth

**FWIW** - Forgot Where I Was

**GGPBL** - Gotta Go, Pacemaker Battery Low

**GHA** - Got Heartburn Again

**TFT** - Texting From Toilet.

**TTYL** - Try To Yawn Less

**FOMO** - Full Of Medical Opinions

## Traffic Camera

A man was driving when he saw the flash of a traffic camera. He figured that his picture had been taken for exceeding the limit, even though he knew that he was not speeding.

Just to be sure, he went around the block and passed the same spot, driving even more slowly, but again the camera flashed.

Now he began to think that this was quite funny, so he drove even slower as he passed the area again, but the traffic camera again flashed.

He tried a fourth time with the same result.

He did this a fifth time and was now laughing when the camera flashed as he rolled past, this time at a snail's pace.

Two weeks later, he got five tickets in the mail for driving without a seat belt.

**You can't fix stupid.**

\*\*\*\*\*

## Teachers

**Teacher 1.** "don't know what to do with Jack. He's in fourth grade and he can barely count past 10."

**Teacher 2.** "I don't think he's worried. His life's ambition is to be a boxing referee."





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The cashier told me "Strip Down Facing Me."  
By the time I realized they meant the debit card, it was too late.

### Queen Elizabeth

*We'll always remember her sense of humour and that beautiful smile*

I was on Guard of Honour, waiting for the King of Saudi Arabia, on Horse guards.

On the right flank; Scots Guard (100 guardsmen) in a gap, HM The Queen, mounted in uniform; alongside her the CO Colonel Gerald, another gap, then on the left flank, the Queen's Company Grenadier Guards (100 guardsmen).

We're stood at ease waiting.

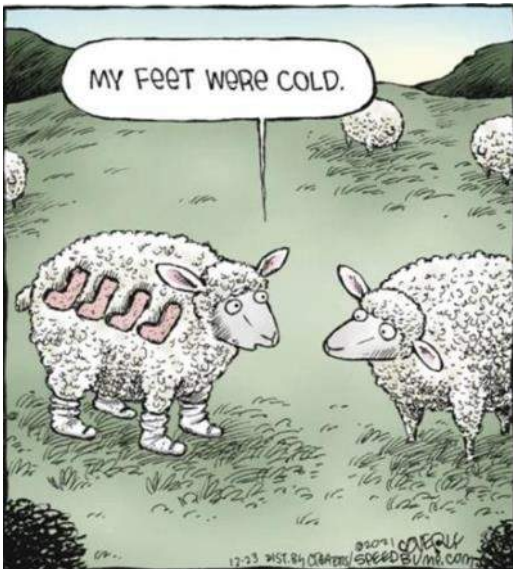
Suddenly the silence was broken by Colonel Gerald's charger erupting with horse farts at full volume for two minutes.

Embarrassed and staring straight ahead Colonel Gerald says, "Sorry about that your Majesty!"

She replies, in a wonderful voice, "That's alright Gerald, I thought it was your horse!"

200 guardsmen silently cried with laughter, and tapped their butts on the gravel.

From that moment, every man there adored



*My wife made me coffee this morning, and winked at me as she handed me the cup. I've never been more scared of a drink in all my life.*

*I'm best man at my buddy's second wedding. Is it appropriate to open my dinner speech with "Welcome back everyone"?*

*Police came around last night and told me my dogs were chasing people on bikes. My dogs don't even have bikes!*



*My kids laugh because they think I'm crazy.*

*I laugh because they don't know it's hereditary.*



I went to the psychiatrist today. She told me I had a split personality and charged me 160 dollars. I gave her 80 dollars and told her to get the rest from the other idiot.

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## Be scam aware

**Aid NSW is hosting a free webinar at Taree Library on Tuesday 8<sup>th</sup> November.**

Join us for the webinar from 1pm - 2:30pm, to learn how to spot scams and what to do if you get scammed. You will hear from speakers from Fair Trading NSW and Legal Aid NSW.

Attendees will also receive a free copy of *The Little Black Book of Scams*.

Scams Awareness Week runs from 7<sup>th</sup> - 11<sup>th</sup> November. So far this year, Scamwatch has received over 145,000 reports with over \$380 million lost to scams. Investment and dating scams are the top two scams by amount lost.

The free webinar is possible thanks to funding by Legal Aid NSW and State Library of NSW.

To secure your ticket, go to <https://www.eventbrite.com.au/e/scam-awareness-week-legal-aid-nsw-webinar-taree-tickets-444871551787>

### **Last chance for feedback on Community Engagement Strategy**

It's your last chance to provide feedback on our draft Community Engagement Strategy, on public exhibition until 11<sup>th</sup> November.

Input from the community on how they like to hear information and share their thoughts has shaped MidCoast Council's revised Community Engagement Strategy.

"This strategy is our commitment to the community on how we will communicate and engage with them," said General Manager Adrian Panuccio.

"It outlines what the community can expect from us, the principles guiding our engagement, our key objectives, how we interact with different stakeholder groups, how we identify engagement opportunities and the tools we use."

The strategy also sets out timeframes for public exhibition periods so the community has a clear expectation of how long they have to provide Council with feedback on a wide range of projects and policies.

It also provides a framework to ensure Council communicate and engage with our community in a consistent way.

"The strategy was shaped by valuable input from our community during our 'tell us what you think' project from July to September this year," Mr Panuccio said.

"This feedback allowed us to understand the various ways our different communities want to receive information from us and share their thoughts," he said.

To review the strategy and have your say please go to <https://haveyoursay.midcoast.nsw.gov.au/connect>

## **Save the Date: 10 November is Open Day at Tuncurry Waste Management Centre**

**MidCoast Council and Resource Recovery Australia are hosting an open day of tours and workshops as part of National Recycling Week 2022.**

"During National Recycling Week, and every week, we want to help you learn how to reduce, reuse and recycle better," said Mr David Rees, Manager of MidCoast Council Waste Services.

"We know that recycling can be confusing, but to build a more sustainable future, we all need to know how to correctly deal with the waste we make and to see waste as a resource that can be reused and recycled," added Mr Rees.

The benefits include:

- reducing the extraction of virgin materials for new products
- saving the water and energy it takes to make them
- helping the environment by reducing greenhouse gas emissions from landfill

"Importantly, this week asks us to see waste as a resource to keep the materials in circulation for as long as possible," added Mr Rees.

We know that many people wish-cycle. This is putting something in the recycling bin in the hope it will be recycled, even if there is no evidence to prove this is possible.

National Recycling Week gives you an opportunity to learn what can be recycled where in the MidCoast, including:

- What items can go in the yellow recycling bin



## Snippets

### **MANNING REGIONAL ART GALLERY RECEIVES FUNDING BOOST OF MORE THAN \$150,000**

Minister for the Arts, Ben Franklin, and Member for Myall Lakes, Stephen Bromhead, today announced Manning Regional Art Gallery will benefit from \$126,000 to upgrade the amenities at the gallery thanks to creative infrastructure funding from the NSW Government.

"This funding will increase access and participation for our community and support the many events, workshops, openings and performances that take place at the Gallery," Mr Bromhead said

This funding is in addition to \$30,000 for Manning Regional Art Gallery from the 2022/2023 Local Government Authorities (LGA) Arts and Cultural Projects Funding, which will be used to deliver a program of exhibitions, performances, and events to showcase work from emerging and established artists.

### **FAMILIES IN THE MYALL LAKES PREPARE FOR AFFORDABLE PRESCHOOL**

Early childhood services across the state, including in the Myall Lakes, are preparing to be part of the NSW Government's landmark \$1.3 billion Affordable Preschool Program providing cost of living relief from the beginning of 2023.

Member for Myall Lakes, Stephen Bromhead said the NSW Government's Start Strong funding guidelines outline how early childhood services across the state will support families in giving their child the best start to life through affordable preschool.

"With cost-of-living pressure being felt across Australia, it's the Liberals and Nationals in NSW that are committed to reducing stress through immediate fee relief," Mr Bromhead said.

"The NSW Government's Start Strong Program will improve the affordability of early childhood education for families in the Myall Lakes."

From January 2023, all NSW families will be eligible for:

- up to \$4,220 per year in fee relief for 3, 4 and 5-year-olds attending a community or mobile preschool,
- up to \$2,110 per year in fee relief for 4 and 5-year-olds attending preschool in a long day care setting on top of their Child Care Subsidy payment, and
- the equivalent of 5 days a fortnight of affordable preschool fee relief for all children in Department of Education pre-schools.

Minister for Education and Early Learning Sarah Mitchell said for the first time the NSW Government is extending fee-relief to NSW families whose children attend preschool in a long day care setting.

- Problem waste such as batteries that can't go in the kerbside recycling bins but can be taken to a Community Recycling Centre
- Repair and reuse options in the MidCoast

Visit Tuncurry Waste Management Centre on Open Day from 9am to 3pm and have your recycling questions answered in person, get a behind-the-scenes tour of the Community Recycling Centre and Materials Recovery Facility, the Reviva reuse shop, Waste Transfer Station, Return and Earn, Green Bikes and the Men's Shed.

Remember to wear your closed shoes and bring a hat and water bottle.

Book now for one or more of the following free activities:

- Walking tours of Tuncurry Community Recycling and Waste Management Centre site
- Zero Waste Christmas decorations workshop
- Masterclass in reuse, upcycling and repair workshop
- Food waste composting workshop
- Bicycle maintenance workshop at the Green Bikes shed

Due to limited places, you'll need to pre-register for the workshops and tours.

For more information about workshops times and tours, visit <https://www.midcoast.nsw.gov.au/National-Recycling-Week-2022>



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## NO RELIEF IN BUDGET WITH SKYROCKETING ELECTRICITY PRICES

As the Albanese Labor Government continues to pursue its Climate agenda, electricity costs are skyrocketing and there is no relief in Labor's first Budget to help households and businesses deal with the dramatic price shock.

**Dr Gillespie** said many people and local businesses in his electorate and across Australia could not afford the 56% increase in power prices forecast by the Energy Market Regulator over the next year.

"It was disingenuous for Labor to promise before the election to cut household electricity prices by \$275 per year when they knew of the international pressures and the acceleration their climate policies would have on the domestic electricity market," Dr Gillespie said.

"With inflation high, household budgets are tight and the difference between profit and loss among our local small businesses who create the majority of our workforce is very tight. The increase in electricity will be enough to cause some to lay off staff or even close. The Budget should have provided relief to respond to this," Dr Gillespie said. The Labor/Green/Independent Alliance governing Australia needed to rethink its Climate policies.

"Right now, they are doing everything to fast-track Climate policies that will continue to drive electricity prices even higher, particularly the cost of rewiring the nation to cater for more renewables which will not be enough to provide the energy we need for our economy."

"Renewables are fine as far forming part of Australia's energy mix is concerned, but for the security of the nation and in ensuring we have lower electricity prices, we need to make sure a significant part of our energy mix maintains baseload power. That is why I have suggested we need to embrace new small modular nuclear technology which can ultimately replace coal-fired power," Dr Gillespie said.

## WITH MEAT ALREADY EXPENSIVE, IT'S ABOUT TO GET A LOT MORE COSTLY UNDER LABOR'S CLIMATE POLICY

*Jobs, Industries and Billions of Dollars can be saved if Labor embraces new Nuclear Technology*

Federal Member for Lyne Dr David Gillespie has warned of the devastating impact Labor's plans to impose penalties on **producers whose livestock release methane when they "fart" and "burp"**.

I understand from media reports an announcement to commit to the global methane pledge is imminent, ahead of next month's UN COP27 climate change conference when representatives of the Albanese Government will attend.

"I'm appealing to my friends and colleagues across the aisle in the Labor Party not to proceed with this nonsensical pursuit of more taxes in the name of climate action," Dr Gillespie said.

"Local farmers, butchers, hospitality venues and many other industries in our region will be severely impacted by Labor's plans to reduce methane emissions by 30 per cent over the decade. It will cost our region many jobs if they are allowed to impose taxes and penalties on our farmers.

Dr Gillespie said the move was not necessary for Australia to achieve net zero carbon emissions.

"Our nation has significantly reduced carbon emissions and we already had a plan in place to achieve net zero without the need to pursue this measure which will destroy regional jobs, regional

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## \$50 MILLION BOOST TO TACKLE POTHOLE ON REGIONAL ROADS

The NSW Liberal and Nationals Government will invest \$50 million to help regional and rural councils fix the increasing number of potholes brought on by this year's extreme wet weather.

Member for Myall Lakes, **Stephen Bromhead** said under the new Fixing Local Roads Pothole Repair Round, MidCoast Council can apply for funding to help them address their highest priority pothole repairs.

"It is hard to drive anywhere on our road network without dodging potholes, which have been made worse by the wet weather we have experienced this year," Mr Bromhead said.

"Our Government has heard the calls for help loud and clear and fixing the hundreds of potholes caused by recent heavy rains and flooding is a priority.

"This additional support will help ease the pressure local councils are facing and boost the resources they can draw upon to repair their most damaged roads to improve safety and reduce wear and tear on vehicles."

Minister for Regional Transport and Roads Sam Faraway said NSW has had more than its fair share of natural disasters and extreme weather and that more than 135,000 potholes have been repaired on State roads in regional NSW since February.

"We certainly have plenty more potholes that still require attention, particularly on council-managed roads, which is why our Government is putting more money on the table for councils to repair potholes on the roads regional communities use every day," Mr Faraway said.

"This funding is available to help every regional council across the state to carry out emergency repairs and would fix roughly more than 420,000 potholes on their roads."

The new funding builds on the \$500 million invested by the NSW Government through the Fixing Local Roads program to help regional councils repair, maintain and seal local roads across the state.

communities and impact millions of Australian's household budgets," Dr Gillespie said.

"The stable diet at dinner of a piece of meat and four vegetables which has always been relatively healthy and affordable, is something just about all Australians would like to see continue."

Dr Gillespie said if Labor were serious about achieving a realistic path to net-zero carbon by 2050, they would include new nuclear technology in Australia's future energy mix.

"I was recently in Canada meeting with their authorities who have put all the regulatory framework and systems in place to build their first small modular reactor which will become operational by 2028.

"Small modular nuclear technology is here. It's economical, it provides affordable baseload power 24/7, it's compatible with the electricity grid and can be plugged into the locations where existing coal-fired power plants are being retired. Importantly, there is next to no emissions."

"While I support having solar and wind as part of our energy mix, Labor's plans for renewable energy will see tens of billions of dollars needed to create a new grid which will be an extra cost to all households. It's also above and beyond the cost of installing solar, wind and batteries.

Dr Gillespie said that even the union movement had expressed concern about a number of Labor's climate policies.

"I have spoken to several union leaders who are very concerned about the impact some of Labor's loose policy decisions will have on Australian workers, particularly in manufacturing and our primary industries," Dr Gillespie said.



# All For SALE

The following items are offered for sale here until sold or 15<sup>th</sup> Nov. Please call/txt 0412 757 912 to enquire, arrange inspection and pick up



1. Pullen Surf Ski - 5.7m. \$800. Light weight, good condition, great for exercise and sheer fun
2. Hybrid Wave Ski - 3.8m. \$100. Handles very well in surf & used for fishing on the lake
3. Pullen Wave Ski - 3.2m. \$ 800. Great for a paddle and surf riding
4. Dax Weed Wiper - \$ \$800. Wings detachable (can be combined as a separate unit) All needed hoses included. Pads in Good condition. Works Well
5. Hayes Mulch Mower - \$300. Tow behind ute/quad. Can handle tall grass as well as lawn
6. Grinders - BOSCH - HITACHI - \$50 the pair





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## Good Medicine

### Rain and Rainbows

We are having a lot of rain and floods, perhaps we wonder when it will stop. However in our area we have fortunately been kept safe, while mainly dealing with mud and rising creeks. Recently I was at a muddy BBQ in drizzling rain, but it was still fun!

In *Genesis 6 - 8* we read about the flood of all floods ... in the days of Noah. Because man was so wicked God decided to destroy the earth. This flood covered the WHOLE earth. If you've seen the movie, there are many impressive scenes, and the Ark is pictured like the bible describes it rather than an overcrowded bath tub as in some children's books. Its approximate size was 137 metres long by 23 metres wide by 13 metres high and it had three storeys. It was in fact larger than a football field.

You can read articles about Noah's flood on the website of Creation Ministries International or [creation.com/australia](http://creation.com/australia).

According to Korean naval architects a barge with these dimensions would have optimal stability and could withstand even 210 knot winds and waves higher than 30 metres ... a typical tsunami is 10 metres. It was of similar size to 'other massive wooden ships of antiquity' (*Creation magazine 2006*). You can see that God knew what He was doing! Noah's family was safe on board this boat for over a year.

God put a rainbow in the sky as His promise to never again destroy the earth with a flood. Did you ever try to get to the end of a rainbow? I did as a teen but it kept moving and I never did find the pot of gold. The rainbow... in fact the whole cosmos... shows us God's handiwork. A prominent astronomer who doesn't believe in God concluded that an *Intelligent Designer* has 'monkeyed with physics, chemistry and biology'. One day when the earth is made new we'll see it 'like never before'. We will go out in joy and the mountains and hills will sing, *Isaiah 55:12*.

God spoke the ordered universe into being, and His word is alive and active and sharper than any two edged sword, *Hebrews 12:4*. God's Word has the power to kindle a fire in the heart and change lives. It's the reason Brother Andrew smuggled bibles into communist countries in the 1950's, and why Christians are persecuted today.

'The Bible is unlike any other book because it's alive. We don't just read the Bible ... the Bible reads us ... our lives will never be the same.'

It's message is timeless ... God loves you and sent His son into the world to save you, *John 3:16*.

Those on board the Ark were saved and so can we be if we get on board with Jesus.

quotes from [ourdailybread.org](http://ourdailybread.org)

*The Counsellor*

## Lyn's Larder

Something different for a change - bread.

### COTTAGE & CELERY SEED LOAF

#### INGREDIENTS

- 2 cups Self raining flour
- 2 tsp Sugar
- 1 tsp Salt
- 1 tsp Celery seeds
- 1 cup Cheddar cheese - grated
- 1 small Onion, finely chopped
- 1 tbsp Butter
- 125 gm Cottage cheese
- 1½ cups Milk
- 1 Egg



#### METHOD

1. Sift flour, sugar and salt together into a bowl, stir in celery seed and grated cheese.
2. Sauté onion in butter until soft and golden brown. Cool slightly, add cottage cheese, milk and beaten egg, mix well and pour in dry ingredients.
3. Mix until dry ingredients are just moistened, mixture will be lumpy.
4. Pour into greased and lined orange cake loaf pan (9x5x3cm).
5. Bake at 180°C for 50-60 minutes or until loaf tests baked.

This loaf is ideal for toasting.

## News From The News

### Nabiac Community Church

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

### St Bernadette's Catholic Church, Krambach

**November** Mass times are Saturday 5<sup>th</sup> at 6:00pm - Saturday 12<sup>th</sup> at 6:00pm - Saturday 19<sup>th</sup> at 6:  
**December Mass** Saturday 3<sup>rd</sup> 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**  
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### St Isidore's Catholic Church, Nabiac

**November** Mass time is Saturday 26<sup>th</sup> at 6:00pm

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

Hi everyone,

We are all dealing with some incredible situations. Hope you are all well, dry and happy.

If you haven't thought about Christmas, as much as I don't want to say it, it's just around the corner. So book now if you haven't already. Now for the saying of the month:

*"We live on a blue planet that circles around a ball of fire next to a moon that moves the sea, and you don't believe in miracles?"*

*"Belinda ☺"*

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 21<sup>st</sup> November, 2022.** Volunteers and Committee members welcome to join.

**HALL MARKETS:** 3rd Sunday of the month - **20th November.** 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



## Wallamba Football Club AGM

The Wallamba Football Club AGM will be held at

**10:00am on November 12th**

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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**  
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## Useful Numbers

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Essential Energy - Power outages	132 080
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RSPCA (Taree)	6552 7177
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Post Office - Krambach (closed 1pm to 2pm)	6559 1240
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