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ACROSS THE FENCE

Merry Christmas



Happy New Year to all
 Lyn & Timidthy

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Editorial.

Hi all,

It has been a very full month and it is hard to believe that Summer is officially here and I am still walking around with layers on as it has been cold, more Autumn than the end of Spring.

A very Happy Christmas to everyone and many thanks, as always, for your support in keeping the 'paper' going for another year.

My grateful thanks to my "reporters" for their hard work in trying to keep everyone posted on the goings on around the area and to the advertisers, without whom we wouldn't have a paper.

Your efforts are all fantastic; I know I pester the reporters every month for their articles/news, but they are the mainstay of the issues getting done.

We have finally cracked the biggest issue to date—36 pages and what a lot of toing and froing getting the articles to fit the spaces. Dreading delivering it as it will be a heavy process.

To everyone in the area my best wishes for a fabulous Christmas spent with family and friends, both near and far.

I know some put a lot of effort into getting Christmas lunches and dinners onto the table. Give me a salad any day. Too hot for a traditional rich meal. Having said that I wouldn't be surprised if it snowed!

May the New Year bring us a healthy beginning and peaceful year to follow. The last couple of years I think we would all like to put behind us.

More new ads for you to make use of. Some we have lost to businesses changing hands and people retiring. But, life is a cycle and who knows what is around the corner.

My best wishes to Jo-Ann and Wayne Wickendon as they become "Grey Ghosts" and travel our great country and smooth sailing for Nick and Sam and they take the reins of the OLD BANK BUILDING and make it their new enterprise.

We have a new arts & crafts shop opened in Nabiac and I am looking forward to having a nose around to see if there is anything in there to be a possible Christmas gift for the kidlet. She is getting older and in need of more thought for something to please her.

I feel a tad over the hill at the moment as my 'kid' turns 50 at Christmas and so is really a supposedly 'mature' man, but he has never lost his kid's spirit and will always be 'the kid' to me and a loving one at that, so for that, I am ever grateful.

I went back to the old Christmas tree for the front page this year. Kind of back to traditional and they always bring on thoughts of Christmas, so Merry Christmas to one and all.

Show programmes will be out in January 'til next YEAR!



Lyn, & Timidthy (Tilley Cat in spirit)

WHAT'S HAPPENING IN DECEMBER 2022

Markets & Events.

- Bulahdelah (1st Sat) 3rd 8am to 1pm
- Blackhead Bazaar (1st Sun) 4th 8am to 12 noon
- John's River Country (2nd Sat) 10th 9am to 1.30pm
- Wingham Farmers (1st Sat) 3rd 8am to 12 noon
- Myall Quays (3rd Sat) 17th 9am to 1pm
- The Hub Taree Showgnd (3rd Sat) 17th 8am to 12 noon
- **Krambach** (3rd Sun) **18th**
- **NABIAC** (Last Sat) **no** 8am to 12 noon
- Old Bar (Last Sun) ?th 7am to 1pm
- Pacific Palms (Last Sun) ?th 9am to 1pm
- Forster Town (2nd Sun) 11th 8am to 2pm
- Halliday's Point (1st Sun) 4th 8am to 11am -?
- Town Head (every Mon) 8am to 2pm
- Mt. George (4th Sat) 31st 8am to 2pm
- Forster Farmers Market (3rd Sat) 14th 8am to 12 noon
- Bobbin Community —th 9am to 2pm
- Tuncurry Markets (4th Sat) 24th 8am to 1pm
- Burrell Creek (2nd Sun) 11th 9am to 12.30pm
- Great Lakes Palliative Care (3rd Sat) 17th ???
- Taree Rotary Book Fair (3rd Sat) 17th 7.30am to 12.30pm ???

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au
Production: Lyn Reid
Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**
Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.
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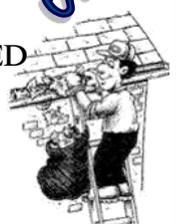
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The newest little business in Nabiac

"It's been a long time coming" is what people have been saying when we've told them what we were going to do

For many years now, the old Lawn Mower shop (Formerly ANZ Bank) has stood abandoned and forlorn.

Many people, us included, have dreamed of what they would do if they had the building.

Well, after 9 years of dreaming..... our dreams are about to become a reality.

On 2nd December, this wonderful old shop will be opened once more, thanks to *Sharon Bateson* (the owner), deciding to lease the property to us.

We are delighted to announce we will be opening **Muse Art & Crafts**, a local artisan store that focuses on LOCAL artwork and just in time for Christmas.

Not just another art gallery per se, but a complementary offering of many forms of art and unique memorable gifts and ALL made here on the Mid North Coast.

Muse will not only sell paintings, but many forms of art, ceramics, jewellery, wood work, iron work, bags, pencil cases, garden art, cards the list goes on and on.

Muse will have something for every member of the family, from children to Grandparents, with prices to match.

As artists ourselves, we are acutely aware of how few places there are available to sell our art. Often we have to travel far and wide to find venues to sell our work or be restricted to exhibitions. And we are not alone – we have been overwhelmed with the depth of incredible artistic talent we have right here on our door step, in our little piece of paradise.

It's the intention of Muse to showcase the amazing talent in our area and offer shoppers unique, quality, hand crafted, local gifts for that someone special.

KEEP your hard-earned cash in our local economy, reward our local talents not overseas!

So please pop in, say hello and have a browse, we hope you will be 'aMUSED' and hopefully impressed enough to buy something and spread the word about Muse, the newest little business in Nabiac

No, Muse won't be in competition with The Nook, each of us have very different offerings, plus we're positive there is a place in Nabiac for both businesses.

Muse will open on Friday December, 2nd from 10am until 3.30pm



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and our opening hours thereafter will be Thursday to Sunday 10am to 4.00pm

Looking forward to welcoming you soon

Janice Dance

Muse Art & Crafts



DONK

An apology first up. Last months ATF article on the DONK display at 80 Clarkson St on OZ day in January was printed as I wrote it and read 26/01/2023, not many corrected me, and obviously a thousand years in the future. You won't have to wait that long. It's on January 26th next year and hopefully some local shops will be open. Expect to see a few old cars etc about. BH

The fault was actually mine. I did pick it up, told Bruce and then in a daze, didn't alter it before inserting it in the paper. So my apologies. Lyn - ED.

**BUNYAH COMMUNITY
CHRISTMAS
GET-TOGETHER**

When: Saturday 17th December 2022

**Where: Bunyah Hall,
1246 Willina Road, Bunyah**

Time: 5.00 pm

Food: Light BBQ supplied

Drinks: BYO

Entry: Donation for our Hall's benefit would be appreciated



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Between the Pages

Nabiac Library News



December already?!?! This year has just flown by! They say that time flies when you are having fun; so we must have all been having fun whilst we enjoyed our greater freedoms post major Covid restrictions. It is still lurking around but hopefully our vaccination rates and people following sensible care protocols will help protect us all. Especially, now we are approaching the Festive Season and the long Summer holidays. Speaking of which it is time to consider your plans for the summer holidays.

Why Not Explore Australia?

Now is the time to get out and about and explore what our unique country has to offer in its great outdoors. We have so many caravans, campers and mobile homes call into our Nabiac village; they must know something about exploring our great country. Nabiac Library has some wonderful resources to help inspire your holiday plans. Why not check them out?

- Explore Australia: Top Walks in NSW
-features best bush walks in NSW/ACT
-walks for all different levels of experience
-includes detailed text, illustrations and map

Find a walk for every weekend of the year! Sounds awesome... explore, get fit and discover!

- Sydney's Best Harbour and Coastal Walks. (Australian Geographic)

For those spending time in our NSW capital you may like to check out this guide to over 40 walks around the Sydney Harbour and surrounds. Explore our beautiful city coastline and share fitness with our Australian iconic views!

- Australia's Best National Parks: A Visitors Guide by Lee Atkinson

AUSTRALIA'S BEST National Parks

A Visitor's Guide



Lee Atkinson

Australia is a wild-at-heart continent with one of the largest and most comprehensive national park networks in the world. This is a guide to the best 150 parks around the country. Some of our parks are pure wilderness, with little or no facilities and even restricted access, but most offer a range of activities from camping and caravanning, bush-walking, picnicking, four-wheel driving, mountain biking and other adventure pursuits. All of them strive to protect significant sections of landscape, delicate ecosystems and previous cultural heritage

for future generations. Australia's Best National Parks includes: * comprehensive activity icons for each park * how to get there * when



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to go * top tracks and trails * best picnic spots * accommodation and camping facilities.

And now for our older generation who have the freedom to explore our great continent at their leisure, we offer a couple of gems:

- The Grey Nomad's Ultimate Guide to Australia.

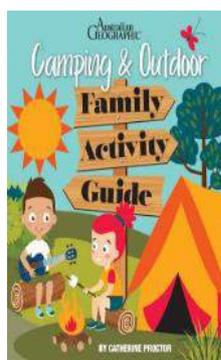
This guide is for the young and old alike and encourages travellers and campers to experience the beauty and freedom of our great landscape. Check it out and maybe you will find some new places to explore!

- To Oldly Go - Tales of the Intrepid Traveller by the over 60's

This sounds like an interesting read and no doubt there will be some interesting tales to guide your travels.

Summer Holidays Fun for Children

Following on from the above information about exploring Australia in Summer you may enjoy this little gem available at Nabiac Library!



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

Nabiac Library has some fabulous entertainment and workshops for children over summer!

SUMMER READING CLUB



To kick off this summer with children we offer you the Summer Reading Club. This fabulous opportunity to challenge your children to read and enjoy the rewards kicks off from December 1st. Just register online at our MidCoast library site or call into Nabiac Library for details. Below is the full information about how it works.



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- SRC is open to people aged 0 -17yrs
- To take part, simply register online, via our website from 1st December
- Once registered, pick up an SRC pack from the library. This pack includes a reading calendar, 2 challenges and a challenge card. All attached. Just staple these together.
- Complete and return the reading calendar by Saturday 21st January to receive an invitation to the SRC party at the Manning Entertainment Centre on Saturday 4th February.
- Complete the challenge card, and receive an art activity pack on the 3rd stamp and on the 5th stamp, go into a prize plus receive an additional party invitation for a friend
- Participants complete their reading calendar across the duration of the program and also have their challenge card stamped as they complete the challenges. The purpose of the challenge card is to encourage borrowing at the library and SRC program completion.

But wait there is more:



Looking for some Christmas Craft ideas for children? Why not call into Nabiac Library and pick up one of these Reindeer Sequined Bauble Packs to make at home? They will be available in December. Looks like a fun kit with all the necessary components included. Simple but fun! Visit Nabiac Library to pick up your **free** kit!

January Children's Program

In January we offer two great children's summer holiday activities to keep your loved ones engaged. To book in go to www.midcoastlibraries.com.au and click on the events button.



- Tuesday 10th January @10am at Nabiac Library we will be offering a paper cup weaving activity. These look awesome and are a great idea for storing those dastardly pens that seem to always disappear!



- Tuesday 17th January @10am at Nabiac Library we will be offering a bag tag activity. What a great way to ensure your backpack or luggage is easily identifiable. There will be 3 different designs to choose from, so come on in and enjoy making these cute tags!

We look forward to having a great roll-up of creative children for these fun summer holiday activities.

Proposed festive season hours of operation at Nabiac Library.

Nabiac Library will be closed for Xmas Saturday 24th December-Tuesday 27th January.

We will be open on Thursday 28th December from 10am-12noon, so jump in quick as we will then be closed again Saturday 31st December – Monday 2nd January. We will re-open again on Tuesday 3rd January 2023.

MERRY CHRISTMAS and HAPPY NEW YEAR

Nabiac Library volunteers and staff would like to wish all our treasured library users a fabulous festive season with family and friends!

Thank you all for being part of our Nabiac Library community.

Nabiac Memorial Neighbourhood Centre Association



Reminder that our postponed **AGM date is Thursday 8th December.**

The meeting Agenda will b

Reports from the President, Treasurer and the sub committees (Nabiac Second Chance Opportunity Shop; Nabiac Community Technology Centre; Nabiac Village Futures Group; Aub Ferris Sports Complex Redevelopment; Nabiac Landcare; Nabiac Farmers Market; Nabiac Nook; and Mid North Coast Quilters).

Election of Committee members – President, Vice President, Treasurer, Secretary and ordinary committee members.

Revision of Constitution

Appointment of Public Officer and bank signatures

Phil Costa is the Returning Officer.

All financial members are welcome to attend. A meeting of the new Committee will be held immediately following the AGM.

We've been busy with **ongoing plumbing problems** at the rear of the building. It has very little ground space and some very old pipes.

We have agreed to **support the Show ground Committee** in the provision of new display cases for the Show's Hall display, and with the cost of some repairs to the floor of the aging Poultry Pavilion.

This support is possible due to the funds raised by our Op Shop volunteers and donors.

Sadly we have to say good bye to a **liquid amber** on the front carpark boundary. This lovely old tree has been subject to many discussions and inspections in the past. In recent high winds a branch came down and it is highly possible that there could be further branches falling into the preschool playground. The decision is to remove it totally and we will discuss tree planting.

Our **October meeting was cancelled** due to clash with Council's Community Conversation. Our next meeting will be 8th Dec at Neighbourhood Centre following the AGM.

We hope you all enjoy a safe and happy holiday season.

Louise Collins,

secretarynmnca@gmail.com



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worry and anxiety.

Becoming *AWARE* is the process of being conscious of what your senses of touch, taste, smell, sight and hearing are picking up from the world around you.

We can get so caught up in our own personal bubble and in doing so we risk missing important opportunities in life. However, when we choose to become more attentive to what is around us, we become more aware and focused and as that awareness grows, distractions and stress diminish and we begin to return to simplicity and the importance of life without anxieties and agitation!

Life is essentially about movement, not standing still, and there is always movement, sometimes a dramatic one, before there can be a shift. Once realisation occurs that all that is happening is a metamorphosis; a transformation; the development of one way of being into another, then synchronicity is the consequence, and one that I heartily invite you to investigate.

Virginia



Show News



The hall at the showgrounds has undergone a HUGE transformation and it is like walking into a newly created building. The fallen ceiling has been completely replaced, the tables and shelves removed and new gip rock now lines all the walls.

Next year's show will be able to display the fantastic entries we receive for craft/art and photography. It certainly has been transformed and will be an asset for NABIAC for many years to come.

We are well underway visiting our previous sponsors and making ourselves known to people/businesses who have shown a keen interest in becoming supporters of the NABIAC show. The show is in good hands with everyone working hard at this early stage to ensure there is a variety of trades and entertainment to suit everyone.

Wishing everyone a safe and happy festive season and please ensure the 11th March, 2023 is ear-marked for the show on your new year calendars.

Carol Baines – WDA&H Secretary
Phone - 0404 963 779
Email – secretary_wdah@outlook.com
Information – www.nabiac.com/show
NEXT SHOW – Sat. 11th March, 2023



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SNAKE BITE FIRST AID FOR PETS

Snakebites are common in the Manning Valley in Spring & Summer, particularly on rural properties. Snake activity increases as the weather warms up and so pets are much more likely to encounter snakes. At Wingham & Valley Vets we most commonly see pets that have been bitten by either Eastern Browns or Red-Bellied Black Snakes, less commonly Tiger Snakes and on rare occasions, Death Adders. We administer a combined antivenin that will treat all Brown, Black or Tiger Snake bites and so identifying the type of snake is not critical for effective Veterinary treatment to be administered. It is only Death Adders that require a specific antivenin, and luckily Death Adders are reasonably distinctive and easy to differentiate from the other venomous snakes and bites from them are quite rare.

In general, venomous snakes are shy and much prefer to avoid interacting with dogs and cats. It is usually when the pet persists in pursuing or attacking the snake that they are bitten. Terrier breeds, such as Jack Russell Terriers, tend to be overrepresented as they have a natural urge to chase and attack snakes. Often Terriers present severely envenomated because they have been bitten many times over due to their persistence. One patient had been bitten so many times by an Eastern Brown that they needed 6 vials of antivenin to survive.

If you find your dog either playing with a snake or near a dead snake, keep them as quiet and still as possible (the more they exercise, the faster the venom spreads) and bring them straight to the vet. **Do not wait for them to show symptoms as to do so is risking their life: symptoms of snakebite are not always immediately apparent.** If they are not showing obvious symptoms, we can perform some rapid blood tests to help determine whether they have been envenomated. Pressure bandaging is not useful because dogs often have multiple bites to the head, chest and legs and due to their fur coat, it is uncommon to identify a bite site.

The sooner a dog or cat is treated, the greater their chance of survival. Signs of envenomation include: weakness, twitching, collapse, difficulty breathing, vomiting, pupil dilation and blood in the



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urine. Cats often appear floppy or paralysed. Red-Bellied Black Snake Bites can cause dramatic 'port-wine' coloured urine several days after envenomation. This causes severe kidney damage and eventual renal failure if not treated and so it is important snakebite is ruled out in any dog with dark red, brown or purple urine.

Some dogs can go into respiratory arrest (stop breathing) on their way to the vet, especially if they are bitten by a brown snake. **IF YOUR DOG STOPS BREATHING IT DOES NOT MEAN THERE IS NO HOPE OF**



SAVING THEM. Dogs can be kept alive by mouth to nose resuscitation and in many instances, if their owner does this, they will keep them alive long enough to receive antivenin to reverse the respiratory paralysis. **For mouth to nose resuscitation hold the dog's mouth closed with your hand and place your mouth over the dog's nose and nostrils to deliver breaths (similar to resuscitation in human infants).** The aim is to deliver enough oxygen to keep the brain alive, until antivenin can reverse the effects of the venom and allow the dog to breathe on its own again.

It is also critical to remember that some dogs who have been envenomated can recover initially, returning almost to normal demeanour and behaviour, and then suddenly crash or become seriously unwell hours to days later. So, if your dog or cat shows **ANY** signs of illness after an interaction with a snake, it is safest to assume they have been envenomated and should receive anti-venin to give them the best chance of survival.



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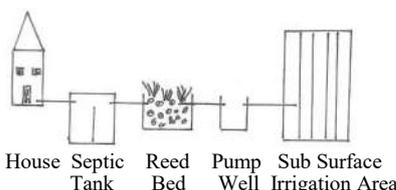
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MINIMBAH MATTERS



Minimbah Rural Fire Brigade is a firm believer that *no news is good news*. Well at least where fires are concerned. It means that so far this season we have not been busy with bush fires, but it also means that we have almost nothing to tell you.

We have been called out to a couple of "lucky" truck mishaps in the past few weeks. First one was a near miss but resulted in a damaged sump and considerable oil spill, and then a B-double rolled over and the load went everywhere except it's original destination. Thankfully in both cases, the drivers were not hurt.

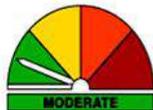
There have also been a couple of call outs to fires which turned out to be active permit holders who were in attendance of their fires while burning off. In other words, doing the right thing. If a triple zero (000) call is made, a Brigade must go and investigate, even if the authorities are confident that it is a controlled burn covered by a legal fire permit. It can be a little frustrating when we get called out to this type of situation, but it is understandable when passing motorists see smoke and, without stopping to investigate, their minds flash back to a couple of years ago.

Sunday 20th November, 2022.

On this day History was made in the NSW Mid Coast District.

Since the introduction of the new Australian Fire Danger Rating System which was launched in the Mid Coast District on 1st September this year, as you would expect, there has been no Fire Danger Rating (FDR) due to the amount of rain we were having.

The rain stopped, the wind sprung up, things dried out and for the first time, the new Fire Danger Rating signs were changed from *no rating* to *Moderate*.



Plan and prepare

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

It won't always be moderate, so keep your eye on those signs.

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

History repeats itself, and so do we, but with all the new residents that have relocated to our District recently, some people may be first time readers of *Across the Fence*. If it's the first time they have read it, we are sure it won't be their last time. They will get hooked like the rest of us because Lyn does such a wonderful job with her publication. Our Brigade is very appreciative of the opportunity and space we are afforded to let our community know what we are up to, and to keep them informed of new bush fire related rules, regulations, risks and the reasons for them.

We will let you know when the current Bush Fire Danger Period ends, (usually 1st April), but in the meantime you will need to have a fire permit if you intend to carry out any burning off. It is a legal requirement.

To find out the name and contact details of your nearest Rural Fire

Service Permit Issuing Officer, please call NSW RFS Mid Coast Fire Control Centre on 1300 643 262.

The conditions applying to the Fire Permit will be explained when the permit is issued, but one of the main rules is to give at least 24 hours' notice to your immediate neighbours (across the road, across the river and of course *Across the Fence*) and your local fire authority. For most people, the most convenient way of complying with this rule is online at

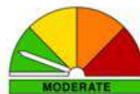
www.rfs.nsw.gov.au/notify

The following chart may help you understand what the FDR means for you and your family.

To learn more about the new Australian Fire Danger Rating System, go to

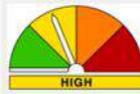
www.rfs.nsw.gov.au/newfdr

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

We wish you all a very happy Christmas, and a healthy and safe New Year.

May your halls be decked with holly
May your Christmas be jolly
And may your New Year be merry and bright.



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Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday
9am to 12noon
(Closed 1st Wednesday of every month)
Saturday 9am to 12 noon
37 Nabiac St, Nabiac
6554 1876



News from Nabiac Second Chance Op Shop

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 7th December 2022 for our Christmas Party.

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

Please hold all donations until the Op Shop reopens on the 9th January 2023 as all our wonderful volunteers will be having a very well earned Christmas Holiday break. Thankyou in advance for your co-operation.

SHOP AND SHED:

Good news. As of February, 2023 the Op Shop and Shed will no longer be closed on the 1st Wednesday of each month. That's right we are going to be open Monday to Saturday, 9.00am to 12.00pm every week.

The Op Shop and Shed had another good month for sales and donations for November 2022.

The Shed still has plenty of Christmas decorations for sale.

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

Donations:

A friendly reminder about donations. Please take care when dropping off your donations in the donation bin. The chute has been broken on a few occasions when large bags have been put through the chute.

We are very grateful for your donations. Please drop large bags of donation off during opening hours.

A big thanks to everyone who donates and has been considerate with your donations over the last month. 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

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Email: mglwoodworkers@yahoo.com.au

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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.

If you are unsure please call the Op Shop on 6554 1876 and ask a volunteer.

We do appreciate your clean and saleable donations and generosity.

VOLUNTEERS:

If you have a spare morning and would like to volunteer, please come in on a Tuesday or Wednesday between 9.00am and 12.00pm and ask for Kathryn.

From all the volunteers to all our wonderful customers, we would like to wish you all a very merry Christmas and Happy New Year for 2023. We hope Santa Clause is good to you all.

Looking forward to seeing you all in 2023.

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



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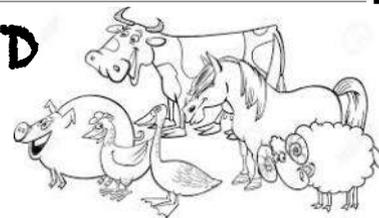
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LICK BLOCKS	Dominator 15kg & 40kg; Equine Blocks
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SHIPPING CONTAINERS -	20ft & 40ft - B Grade & New

Pick up & Delivery by Arrangement

Nabiac Hay & Rural Supplies Christmas Opening Hours:

Closed 24th @ 12noon Reopen 28th - normal hours Wednesday, Thursday & Friday. Closed New Years Day & Boxing Day (1st & 2nd January)

Nabiac Village Futures Group News

We are sometimes asked about the beginning of the NVFG. Our Group has met continuously since 2004 and is an interesting mix of residents old and new who are interested in the future of the area.

Prior to 2004 Nabiac had a Progress Association, a Chamber of Commerce and a Highway Liaison Group. The Progress Association has faded away, the Highway Liaison Group soon ceased after construction was completed, and the Chamber of Commerce was working on setting up a workshop.

Early in 2004 the **workshop was held to determine community priorities regarding urban development, social issues etc. and to develop a strategic plan for ongoing development.** Those attending showed a keenness to develop Nabiac as a traditional style village, with a bright future. Many different ideas came forward, with the highest priority the building of a **swimming pool**, followed by the development of a **skatepark**, and third, the development of a **community centre that could house government services and incorporate an information centre or perhaps a museum.**

From the workshop came the **formation of NVFG on 21st June 2004**, to liaise with the community and to ensure that the work achieved was put into play. Those who formed the first group met on a cold windy night at the home of *Richard and Jodie Banks*. They were *Michelle Thickett* (President), *Jodie Banks* (Secretary), *Richard Banks* (Treasurer), *Kit Carson*, *Helen Smith*, *Louise Collins*, *Beth Jacobs*, *Stuart Weller*, and *Ingrid Horsburgh*. Apologies were received from *Jim McGovern*, *Anne* and *Kevin Hardiman*, *Geraldine Carson* and *Paul Thorsby*.

The Group decided their Mission would be **"to aid in further creation and maintenance of a Family Friendly Rural Village with improved facilities for all ages"**. They were committed to the ongoing care and



restoration of the village's built environment, its soul, and its future. NVFG was positioned as a group under 'the umbrella' of the Neighbourhood Centre, to work closely with the Chamber of Commerce, the newly formed CTC (Community Technology Centre), and the Highway Liaison Group.

A grant of \$3,000 received by the Chamber of Commerce was used to **produce marketing materials and a community website** (in conjunction with the CTC). The Highway Liaison Group, were in close contact with Baulderstone Hornibrook, who as part of their contract with the RTA were making **upgrades and beautification to the town**. NVFG assisted the **Pool and the Skatepark Committees**, in the wings, whenever possible. And they had their sights on funding to support the establishment of a **community centre**. The funding application was unsuccessful ... we never did get the ball rolling on this one.

2022 is almost gone. Our community consultation for the 6th revision of our Community Strategic Plan (established in 2004) is now planned for early 2023.

As a Group and a community, we have achieved much since 2004 ... our pool, children's park, BBQs, information sign on the village green, additions and repairs to Neighbourhood Centre, memorial signage at the park, planting at the War Memorial, painting of the walkway bridges, installation of seating and the restoration of the Creek; support for artworks at the Showground and the Skatepark, planting of trees at the oval.

Its now up to us to make our new Plan another one that we will be keen to work with. When we hold our community consultation at the Showground next year please come along with thoughts and ideas of what you want for Nabiac's future.

Our last meeting for 2022 will be held 7th December at 7 pm at the Neighbourhood Centre

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com





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Nabiac Pharmacy News



Summertime Health

We have a few summer tips;

Be "Sunsafe", Slip, Slop, Slap, Seek and Slide. You know you need to! If you are a person of European descent you should do this as you are not supposed to live this close to the equator.

Swimmer ear. We see heaps of this every summer. Lots of people, mainly kids, get infected ears. This is almost always because there is a tiny bit of water left in the ear. This water irritates the ear canal and lets bugs grow on it. To stop it all you need to do is put in "Swimmers Ear Drops" every time after swimming.

Dehydration. A common presentation to hospitals in summer is dehydration. This is especially a problem when we over indulge with alcohol. Alcohol actually dehydrates us by making more wee. If you are drinking try and stick to recommended daily amounts of four standard drinks. Additionally as we get older our bodies ability to sense dehydration gets worse meaning that older people are particularly susceptible to dehydration. It is a good idea to keep "Fluid rehydration" products at home.

Keep out of the heat of the day when we are having extreme heat. Try not to exert yourself outside between 10am and 4pm.

Lastly, Nabiac Pharmacy and Nabiac FoodWorks will be hosting a Christmas celebration to thank all our customers and the local community. A free sausage sizzle with drinks, lollies and lucky door prizes will be held on Thursday the 22nd of December from 5:30-7:00pm. All are most welcome to attend and meet under the Shopping Centres awnings.

Tim



Nabiac FoodWorks Supermarket

We would like to wish everyone a very Merry Christmas and invite our customers and friends to join us to help celebrate our **7th Anniversary** in the shop and to thank them for their support.

We are joining with Nabiac Pharmacy and holding a BBQ on Thursday 22nd December from 5:30pm to 7:00 pm.



Sonny & Rosie



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WALLAMBA CWA REPORT

It seemed so different not having our late Patron and Vice President *Iris Cummings* with us at our meeting, due her passing at the end of October, as our much loved member was an icon and a strong supporter of our Branch – Rest in Peace dear friend.

President *Margaret Weller* opened our meeting and welcome 12 members with a further 3 apologies being received.

After the official formalities were carried out members paused to remember *Iris* together with former NSW State President *Judy Richardson* from Far North Coast Group, Mr *Pat Mullens* late of Krambach and Harrington CWA member *Ruth Cheers*. Member *Jill Hammond* supplied our thought for this month's meeting and was as follows:- **"If you can't be bothered in this life, then you're buggered"**. Member *Moya Harris* will present December's thought.

Unfortunately no one from the Wallamba Branch was able to attend the Cookery Seminar hosted by Macksville Branch but had seen some photos and information about the day on Facebook and no doubt we will receive correspondence on it shortly.

Members, President *Margaret*, Treasurer *Jenny* and International Officer *Penny*, attended the MNC CWA AGM held at Eungai at which State Treasurer *Sharon Buck* had given an excellent presentation on the duties etc. of her position as well as that of a Branch Treasurer.

Members were disappointed to learn that their planned Christmas lunch following the December meeting at Artisans Farmers Market could not go ahead as they don't open on a Tuesday so after some discussion it was agreed we go to the Nabiac Hotel for lunch which is normally attended by some husbands and friends from the Show Committee as well.

Our correspondence included letters from Nabiac, Coolongolook and Krambach (schools) advising of their End of Year Presentations and members voted to forward a donation of \$30 each to assist with presentation awards.

Secretary *Pam* had emailed HO of *Iris's* passing and there will be a short write up in the next edition of "The Countrywoman" Journal. Several past members had also been informed and sent their condolences to the family via the Branch.

A Thank You Gift to *Kerry Clout* will be sent to her from the Branch for her recent auditing of the Treasurer's books and we hope that she can assist next year.

Our Handicraft Officer *Merle* gave her report on what is happening with the needle cases and other items needed for next year's competitions although there has been a reduction in some of the items on the schedule.

Members wished *Merle* all the best as she was having eye surgery and she was looking forward to having 'new eyes' and able to continue with her beautiful bead work.

International Officer *Penny* presented her International Report on Foods of Latvia, there were some very difficult names to pronounce

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with the names of the dishes together with some of the ingredients.

In our Cultural segment members spoke on various topics with member *Jill Hammond* talking about the work scientists were doing on Icebergs in Antarctica and how they can tell us about the formation etc. *Penny* also mentioned about the recent Earthquake at Boorawa which was felt all the way to our Nation's Capital – Canberra.

Unfortunately we didn't have an Ag & Environment Report as Officer *Coral* was away having her eye operation – all the best for its success from the members.

Our ladies involved with the Cookery, *Beth*, *Jean*, *Jenny* spoke about their recent attempts at making Date Roll and Sultana Cakes and over lunch we were able to do a 'taste test' on the cooked product. **NOT BAD LADIES** – looking forward to some more tasty samples. Cooking will be next exhibited at the Friendship Day set down for 7th February 2023 and will be decided upon at the next meeting at Bonny Hills.

Catering Officer *Beth* and *Margaret* thanked all members who had assisted with the cooking for the wake following member *Iris's* funeral.

Happy birthday wishes were extended to travelling member *Lyn Mathews* for Nov 8th which is also her and husband *Phil's* wedding anniversary. Also celebrating her birthday this month was member *Penny* on November 13th and former member *Norma Frieden* on November 9th.

Sec *Pam* mentioned that her son *Andrew* was participating in "MOVEMBER" during November and raising funds for Mental Health. *Pam* was also going to see The Dame Shirley Bassey Tribute Show at Taree's MEC on Thursday 17th.

Jean told us that she and husband *Kevin* had a wonderful 70th Wedding Anniversary with family members and they even got a mention on the MR Times and a couple of photos.

Jill and *Kay* were both going off to family weddings at the end of November so we will hear all about them at December's meeting which will be held on Tuesday December 13th at the usual venue at the usual time.

With no further business the meeting was closed at 12 noon when members then enjoyed their lunch and taste tested the cooking of members *Jean* and *Jenny*.

As this will be my last report for 2022, I would like to take this opportunity to say a very big **"THANK YOU & SHOUT OUT"** to *Lyn Reid* for all her efforts in producing 'ACROSS THE FENCE' which is a great read.

MERRY CHRISTMAS AND A HAPPY NEW YEAR TO EVERY-
ONE, LET THERE BE PEACE,
JOY AND HAPPINESS IN OUR WORLD .

Pam Muxlow
Wallamba CWA
Publicity Officer



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The word "BONFIRE" comes from "bone Fire", since ritual fires usually involved the burning of animal bones to ward off evil spirits.

Wayne & Jo-Ann (The Old Bank Centre)

Thank you to all our lovely customers who welcomed us more than ten years ago and have continued to support us throughout the years.

To Colleen and Michelle, who stayed on with us when we purchased the shop, thank you for your loyal service, your knowledge and rapport with our customers has been much appreciated. Debra, Sam and more recently Dea and Kimberly, thank you for your hard work. We have had some challenging years and the ladies never missed a beat. To all the juniors who have worked with us thank you for your contribution to our business.



Sam, a familiar face, and her husband Nick are the new owners of The Old Bank Centre, we wish them all the best as they take on this new venture.

Thank you for the gifts, cards and well wishes from so many customers, it was a pleasure to serve you. Our plans are to have some time off from work, we hope to travel and see some more of this great country that we live in. We will continue to live in Nabiac and look forward to seeing you on the 'other side' of the counter.



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Nabiac Landcare

When you see Snow-in-Summer, *Melaleuca linariifolia*, along the creek lines, you know Christmas is on its way. This tree makes me smile. It's a dense shrubby native that is great habitat along our creeks...and...it's not privet!

The Nabiac Landcare team is still working at Lilypilly Bend Reserve. Current activities include follow-up weeding, controlling camphor laurels and some primary weeding at the Cowper St end of the reserve. We had great excitement looking for the koala that had been spotted by locals in the reserve but had no luck...only stiff necks.

I've probably said before that research has shown that about 70% of the weeds in our environment have jumped the fence from gardens. Even with increased biosecurity legislation and supervision an average of 12 new plants escape each year. A new scheme of garden plant certification has been introduced this year and its logo is beginning to show up in nurseries. You may have seen it on Gardening Australia in late September. [Do the Right Thing - Gardening Australia \(abc.net.au\)](http://www.abc.net.au) To attain a 'Plant Sure' tick sticker a plant has to be assessed as of low risk of escape into the local environment. A tool for assessment has been developed by a team at Macquarie University to help professionals and interested gardeners to do the assessment. It is even possible to participate by joining their Research Portal. Have a look at the Gardening Responsibly website [About Us - Gardening Responsibly](#)



.....and the weed of the month.... *Mickey Mouse* bush, *Ochna serrulata*, has dropped its yellow petals and is displaying a pretty red fleshy calyx with shiny black berries. There are still many specimens of this plant in Nabiac gardens and the birds love dropping the seeds in the bush. Don't try to pull Mickey Mouse bush, even the seedlings tend to break. Dig it out or scrape and paint with appropriate herbicides.



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.

We will have a break from regular working days during January but don't be surprised if some of us are still working.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy the local bush! Take yourself, the dog, the kids, the grandkids for a walk to work off the excesses of the season.

Liz Rees 6554 3196



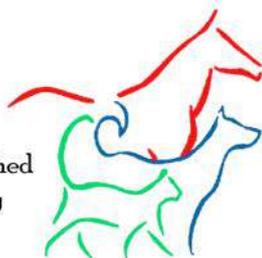
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NABIAC VILLAGE FUTURES GROUP

NVFG is a community group who oversee the NABIAC Community Strategic Plan, identifying the community's vision for the future and the priorities and actions the community has identified to achieve this vision.

Community Meeting - POSTPONED

The community meeting set down for November was postponed due to unforeseen circumstances. We will set a new date at our NVFG meeting, held on Wednesday 7th December, 7pm at the Neighbourhood Centre. All members of our community are welcome to attend.

we hope to hold the Community Meeting early in the New Year. Keep an eye out on Facebook and in this space in Across the Fence.

Wishing all the community a safe and Merry Christmas.

Louise Collins, Secretary nabiavillagefuturesgroup@gmail.com

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

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

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

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Remember to bring your bags.



The Shed:

CD's and DVD's 15 for \$5.00.

Books \$1.00 each

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

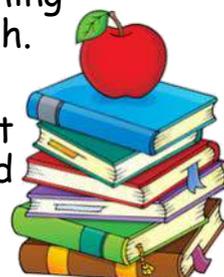


There is a large variety of CDs, DVDs, books galore, pet bedding, and some really lovely crockery, drinking glasses and cups, furniture and a lot more.

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 1st November 2022 to 17th 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.

We have a lot of clothing in storage and need to move all our stock.

The racks have been stocked to the brim with good quality clothing. Summer and Winter.

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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" - 1898 - 1902

WALLAMBA NEWS: SEPTEMBER, 1898: A very heavy storm passed over the Wallamba on Tuesday night last accompanied with torrents of rain and heavy lightning. It continued to rain all night and all the next day without intermission and, as a consequence, the Wallamba at Nabiac rose very rapidly and is estimated to have risen to about 30 feet. The flood water soon spread over the lately ploughed land and where there was any current carried it away in places. In other parts where the water was not ruinous it left a layer of mud on the new crops just springing and in most instances completely destroying them. Mr G. Wallis of Nabiac who had a young crop of wheat and a splendid patch of barley had it all destroyed in the manner, the water covering about 30 acres of the farm. Among others, Messrs *Bowers, Weller and Croker* will also be heavy losers through the inundation.

While a son of Mr *Gordon*, who has a mail contract between Krambach and Nabiac, was attempting to cross the swollen torrent in a sulky with the mail the horse was carried off its feet and drowned. The youth managed to get ashore safely and the mails were all recovered.

In some places the top of the roads have been washed away by the heavy rain. The teamster will suffer great inconvenience through it as they cannot go into the bush now for the timber without the bullocks going up to their hocks in the mud. It will take some time before the bush will be in a sufficiently dry state to allow them to follow their usual occupation.

Some of the farmers that had large patches of potatoes have had their crops practically, if not wholly, destroyed by the flood. Mr *Pelley*, Mr *Jas Everingham* and Mr *Bernard McCann* being heavy losers. Further up the river some of the farmers had the misfortune to have their soil, which had been ploughed for early maize, washed away considerably. The Messrs *Weller Bros.* of the residents near Purfleet had some of their freshly ploughed land washed away plough depth and left probably on farms lower down the river which of course will be somewhat enriched thereby.

NABIAC: JUNE, 1921: The strong westerly winds which sprang up on Monday morning last have continued, with almost unabated violence ever since making everything very cheerless out of doors.

We have been having rather lively time out here lately, what with the

Nabiac J.C. Races last Saturday and the late fete held at Failford in connection with the launch of the scow which was built in Breckenridge's shipyard. Amongst the throng of people who witnessed the scow sliding off neatly into the river, some old friends from the Manning. Mr and Mrs *Gregson* from Cundletown. Mr *Jas Levick* and Mrs *Smith* from Dumaresq Island and several others. A fair number of Nabiac folk also attended, some with their families and friends enjoying a day's picnicking after the launch was over. Some nice costumes were displayed by the ladies. Miss *Breckenridge* filled her office nicely arranged in an exquisite of white silk. Various other pretty costumes were to be seen, too numerous to particularize.

Political excitement has not reached any great height as yet in this outlying quarter, but as the 3rd July has been set down for polling day we will probably have the various candidates for our electorate round shortly explaining their several views. Mr *Donald McKinnon*, formerly of Glen Ora, intends contesting the Fitzroy Division of Sydney as a Labor candidate at the forthcoming election whilst his brother, Mr *Hugh McKinnon* who several times contested the seat for the Manning, has withdrawn from contesting the seat for Gipps Division, Sydney.

Dairying has fallen off considerably during the past month in these parts. The van to the A.D. Co's factory at Purfleet runs once a week only at present. The maize yield has been fairly good this time though most of the farmers are holding it over for a rise in price. Cattle and pigs are realising good prices which in a manner compensates for the low price of maize.

Colds are prevalent otherwise the district does not often need medical attendance.

Mr *E.E. Gorton* of Nabiac has the mail contract running between Nabiac and Coolongook by vehicle. Mr and Mrs *John Breckenridge* of Failford left for Sydney yesterday morning via Bulahdelah. The usual midwinter vacation commences in the various schools tomorrow when some of the teachers doubtless will be off to other scenes to see their relatives and friends.

THE LOWER WALLAMBA: FEBRUARY, 1902: Mr *B. McCann*, senior, had a nice crop of wheat threshed a fortnight ago. The machine used is owned by Mr *Busteed*, of the Upper Wallamba, and is said to be the most up to date that has visited this part of the river. Mr *McCann* was the only one from the Lower Wallamba to grow wheat this year and it yielded well considering the dry season it had to contend with. The crop grown was fine and plump and free from rust.



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Summertime festive fare & a healthier you
 Your summer guide to healthy eating, tasty food, and good digestion.

Hello everyone,



The weather is warming up and the festive season is well under way. It's time for fresh salads & smoothies to cool the body in summer. I love chopping and prepping veggies! I'm excited about The Artisan Farmer opening. What a fab addition to our amazing area.

BBQ season is in full swing, as Spring morphs into Summer. We are lucky to have fantastic quality meat, seafood and fresh fruit and veg in our region. It's a good idea to keep some herbs growing at the back door – another opportunity to add flavour and nutrients to meals. The October Nabiac Farmers' Market was a huge success, with produce stalls selling out! It's great to see people choosing fresh local produce.

Here's some summertime meal inspiration for you...

There are so many fresh salad ideas for summer – experiment and enjoy.

MANGO SMOOTHIE BOWL



1 cup mango
 1/4 avocado
 1/2 frozen banana
 milk of choice
 1 spoonful soaked chia seeds
 1 spoonful natural yoghurt

ADD:
 flax meal
 fruit & nuts
 coconut chips
 toasted pumpkin seeds

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- shallots
- radish
- lettuce
- avocado



CHOOSE protein

- tofu
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CHOOSE these:

- cilantro
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THREE SIMPLE SIDE-SALADS
 (JUST 3 INGREDIENTS)

1. Pineapple, avocado & ginge
2. Orange, mint & avo
3. Apple, avo & lemon or lime



They boost digestion & nutrient absorption. Healthy extras: Honey, tamari, olive oil, garlic, kombucha, sauerkraut, pomegranate, yoghurt.

Salad Dressing ideas for a healthy gut:

- Add natural yoghurt to your favourite salad dressing ingredients
- Add a dash of kombucha to salads
- A squeeze of lime jazzes up any salad.
- A dash of Tamari gives a delicious salty flavour
- A little honey gives sweetness and antioxidants and is good for digestion
- Make Cashew or Walnut Cream to drizzle over summer salads
- Toss through some sauerkraut
- Ginger has a raft of health benefits and packs a flavour punch
- Adding spices such as turmeric + black pepper, cinnamon, clove or nutmeg add flavour and antioxidants – for cell protection.



Cooking meat with rosemary adds flavour and helps negate possible carcinogens (AGE's). Advanced Glycogen End Products are chemicals produced when cooking at high temperatures, in particular when cooking animal products. Cooking meat outside and at lower temperatures is healthier for you and reduces the exposure to AGE's. Marinating meat not only tenderizes, but also reduces AGE's and adds flavour.

I love Rosemary, especially in herbal tea with raw honey & fresh lemon.

Rosemary possesses a range of potential health benefits, such as improving mood, heart health, liver health and memory.



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Rosemary is abundant around here! I grew several hedges in just a few years, from a handful of cuttings from a friend in Krumbach.



Apricot, walnut & ginger protein balls:
 Head to the website – below- for recipe.
 These are easy, healthy, packed with protein and are delicious.

I keep some in the freezer, ready to grab and go, or to take over to a friend's place.

Do you fancy better digestion? We often over-eat during summer socializing... check out the foods in this slide. Adding these foods to your meals will aid digestion. They possess enzymes to help break down your food and increase nutrient absorption.

ENZYMES - Food pairings for digestion.



Kiwi contains Actinidain, an enzyme which breaks down protein and aids digestion



Honey contains several enzymes, including protease- which breaks down protein & amylase-which breaks down starch



Apples contains amylase - which helps break down starch



Pineapple contains bromelain, which helps break down protein & aid digestion



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Use the left-over fruit in a smoothie, or puree it and pop into ice cube trays, for use in drinks or smoothies.

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OUR EXPERIENCE  YOUR IMAGINATION

REAL KULTCHA

Where to start? I'm like a puppy with half a dozen kids to chase!

I suppose (though I'm not a fan) I have to start with the FIFA World Cup. It's been very confusing here of late because we've had a few *World Cups* lately though I just know my mate in Canberra is going to abuse me roundly saying something like, "THERE IS ONLY ONE WORLD CUP AND THAT'S FOOTBALL! All those others are just sad little copies and if I were the boss I'd blow them up!" Tolerance is not one of his better vices and I don't dare mention that here in Oz we play at least another 3 forms of football but that fact is lost on him: soccer (as the rest of us know it) is the only game in town and he'll tolerate no alternate view.

Of course, I'm not game to raise with him how the allocation of the competition to Qatar even came about! A country with no footballing history (or history in any sport for that matter save probably exploitation of low paid workers) was given the nod ahead of a veritable shopping list of other countries who'd've been only too happy to host it. And please don't talk about money.

Our *Socceroos* had their moment (a very brief moment) in the sun as they slipped a goal past the French (the reigning champions) early in their first game only to discover the French were slow starters - and vindictive to boot - as they woke up and proceeded to put us to the sword. Mind you, would you rather be the Oz team (not expected to win much and will probably achieve it) or the Argentina team (past champions and expected to do well) who lost their first game to Saudi Arabia (who are only really good at buying stuff with our petrodollars).

And who will win? This is a very different scene from every other World Cup that has gone before and I know nuffin' about who is peaking just now. If I had to make a pick though, I'd go with history and push for France, Germany, England or possibly even Brazil but please, don't put your hard earned on my choices.

Of the other *World Cups* that took place recently (just to get up my mate's left nostril) *The Poms* won the T20 and did it easily. Our team (*The Galahs*) were pathetic and I've said it before, I wouldn't breed from them: they had loser written all over them from the get go. Full of bravado however, *The Poms* quickly backed up for an ODI series

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(of which they're the current world champions) against *The Galahs* and got done with appalling simplicity, three zip. I'm loath to mention it (of course) but they played pathetically and were lucky get zip! There was also the Rugby League Men's and Women's World Cups and we took out both of those on the trot. The AFL of course, has finished but the AFLW play their Grand Final this weekend (as I write this) and having watched a number of the games this season I expect the Brisbane *Lions* will romp home in that one. And finally, the *Rah Rabs* or as they're know in this house, *the cross-country wrestlers*. They're on a European tour at the moment and it's been a disaster. You name the country and the *Wallabies* have lost to them on this tour and that includes Italy!!! I don't think they've even won the coin toss at any of the games! The big talk at the moment of course, is what can be done about it? In typical fashion there's a lot of soul searching, wrist wringing and (what they're good at) naval gazing and the bet seems to be the fault can be sheeted home to the coach Dave Rennie. It looks like he's for the high jump. That'll do it of course, don't look at Rugby Australia, or the State bodies or the players, nope, punt the coach and all will be fine. They punted Eddie Jones and he went off to Japan and then England and is now discussing an 8 year (yep, you heard right) an 8 year contract with Rugby USA! Boy, we sure showed him when we sacked him years ago! He was hopeless!

A Few Short Items: *Netball Australia* got lucky after their clash with *Hancock Prospecting* that cost them a grant of \$15 million. *Visit Victoria*, the tourism arm of the Victorian Government has stepped in and picked up the grant. There's no such thing as a free lunch of course, and Victoria will feature in many of *The Diamond* future Test matches --- *LIV Golf* (the Saudi backed outfit) will play a game here in Oz next year down in South Australia --- Daniel Ricciardo (the not very successful Oz F1 driver) has left McLaren and will now be a spare driver for *Red Bull*. In truth the only thing he'll be remembered for is creating the *shoey* where he drank champagne from his racing shoe! I think he's been sniffing far too much petrol --- the US *Artemis* capsule (named after the Greek goddess of the hunt and Apollo's twin sister) is circling the moon as I write this and Jerry Lee Lewis has died. Two life-changing elements from my youth have touched my life again.

Talk at you again later,
The Hillside Critic



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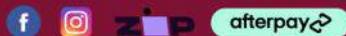
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Itchy horse? Our top protection picks!

Is your horse beginning to itch? Itch season is among us and sadly for horse owners who have an itchy horse this means waging a relentless war on biting insects, specifically midges, that irritate their horse and can cause extreme discomfort.

Itch, scientifically known as Equine Culicoides Hypersensitivity, is a medical condition caused by an allergic response to the bites and saliva of Culicoides (midge) and itch most often occurs in horses living in warmer humid climates, such as the Mid Coast, where we all reside.

Itch is usually a seasonal problem, with symptoms typically occurring during the hot and wet months between October and April.

Symptoms include a seasonally itchy horse, rub sores and hair loss around the face, ears, neck, along the top of the back and base of the tail, and in severe cases horses create open wounds and abscesses from continuous scratching. Often horses who suffer badly with itch will develop swollen and thickened skin after a long period of chronic skin inflammation and can develop skin pigment changes.

Minimising your horse's exposure to midges will minimise their symptoms and can help prevent a horse without itch from developing it.

Here are our top picks for protecting your horse...

Absorbine Ultrashield

UltraShield is Absorbine's most advanced fly and insect repellent, designed to stay on and continue working in the harshest of conditions. This fly spray is proven protection for your equine friend, delivering fly, midge, and mosquito control.

Ultrashield controls and repels susceptible flies, mosquitoes, and nuisance insects including house fly, stable fly, bot fly, mosquitoes, and midges for the management and prevention of itch.

Ultrashield contains multiple sunscreens and coat conditioners, including aloe and lanolin, and it has a pleasant citronella scent.

The handy spray can be used all over your horse and on surfaces to keep insects out of your stable area.

Calafea Oil

Calafea Horse Itch Oil is a totally 100 per cent natural oil for horses suffering from itch and sting itch. It rapidly relieves the irritation associated with these itches and begins to repair the damaged skin. It also prevents and repels midges, mosquitoes, mites and ticks.

Calafea Oil is a pure oil, and an all-natural remedy for any horse with stressed and dry skin, containing Lemon Myrtle, Liquid Virgin Coconut Oil, Neem Oil and Black Cumin Seed Oil. To help soothe and manage itch use Calafea Oil at least 3 times per week.

Kool Master PVC mesh combo

This summer horse rug is the ultimate in fly protection. What makes this horse rug so effective in keeping nasty bugs away is the weight. Weighing approximately 2.7kgs, the heavy PVC Shade Mesh Combo eliminates the likelihood of bugs getting trapped underneath.

With the strength and durability to outlast harsh UV rays, the mesh guarantees maximum breathability and airflow, a key priority when choosing a horse rug for Australian summers. This rug features a single chest strap, leg straps, large tail flap, satin lined shoulders and neck to prevent rubbing and PVC shade mesh for air flow.

Showmaster Fly Mask

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Stay on top of itch

There is no cure for itch, therefore your best defence is to be consistent with your treatment and management of it. Keep on top of it daily! If you can do this, you will ensure less exposure to the irritant, which will see less severe symptoms occurring in your horse.



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This is a rare photo of a mother vise-grip feeding her baby wrenches. Nature really is amazing.



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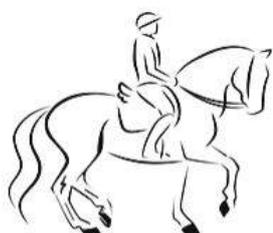
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Welcome to Deb's Gardening.



For the month of November, so far we have had 25mls of rain and with it some heat. Straight after the last lot of rain I topped up the garden with Sugar cane mulch to retain soil moisture and planted some annuals including lobelia, petunias, and begonias, which I hardened off. I have just returned home from being away up the coast and while I was away we had very strong winds. I was a bit concerned to what I would find when I returned but the plants are all happy and thriving. I have mentioned it before and I will mention it again, mulching is a very important part of gardening.

I am in the process of looking at buying a mulcher; I have 2 large date palms that need the fronds removed regularly, and they are a lovely source of mulch. The last lot I cut down went directly into my deciduous garden without being cut up, not the best way to use them but they broke down eventually and suppressed weeds. It still did the job. It would be better if they were shredded.

Another source of mulch that I have been using is banana leaves, and I am proud to say I have finally got bananas on the banana tree for the first time. Bananas are actually a perennial herb and belong to the ginger family. I planted the banana about 4 years ago and I never maintained it. A plant takes about 9 months to grow up and produce a bunch of bananas. The mother plant is the one that produces the bananas but around the base of it many suckers or pups emerge and only 2 suckers should be left to produce the next lot of bananas. The mother stalk will die when she finishes and should be cut off but I didn't cut the suckers hence too many stalks and no bananas. Bananas like rich fertile soil and plenty of water and mulch. I planted

the banana at the bottom of the vegetable garden; one of the suckers that I dug out got replanted and I now have 2 banana plants growing, which I plan to extend further. The banana plant gets plenty of run off and is thriving now that I have cut off all the suckers. So I had plenty of banana stalks to use as mulch. I have my pumpkins and watermelon vines growing next to them which will also be a source of mulch and hopefully a good companion plant.

I have obtained the 'Garden Escapees' which is a responsible gardening guide for the Mid North Coast region. (Thanks to Lyn, the editor, for bringing it to my attention) I have a few plants that I did not know were actually environmental weeds. I knew that Agapanthus, Arum lily and Canna lilies are weeds, which are contained, but I did not know that the cherry guava, (which I love) seaside daisy, gazania and Syngonium(a popular indoor plant) are all noxious weeds. I planted the Syngonium under the Camphor Laurel (another weed). I went straight out and ripped out the Syngonium which was becoming a rampant climber. As for the other plants that I have, I will have to manage them more closely. This book is an interesting guide and highly recommended for all gardeners.

If you haven't done so yet it's time to put out the fruit fly traps. Avoid sticky traps as they attract good beneficial bugs. The liquid form attracts the male fruit fly. If we all do our bit to control this pest we can help to control their spread.

Until next time: Wishing you all a happy, healthy and colourful life this Christmas. Enjoy every moment with your family and friends and have a magical holiday season.

Deb



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Market News:

I am stoked to be writing about the success of the last market for 2022 which was yesterday as I write this newsletter. The November market was just fantastic. Thank you to everyone who provided a huge variety of goods to sell, and to all the shoppers. The hall refurbishments looked great too!

Coordinator's report:

Well, where do we begin, with 73 stall sites on our last market day of the year, we had something for everyone today.



It was good to see some new stallholders join our regular ones
A few stalls sold out, with others having little stock left, some even had record sales for the day!
The weather was lovely, with a slight breeze. A quick passing shower around 10am sent people inside the newly renovated hall to shop – which was perfect for the hall vendors!
Great music by our duo Craig and Max, set the scene, and was much enjoyed by all.
We were delighted to also have Nabiac school join us today, selling Christmas crafts and decorations made by the students. There were lots of smiles from this stall.
The art class only had a couple of students, as it was a last-minute decision to add the “Paint a Rudolph” workshop, although those attending had fun.



Popular Eats included Thai food and Pizzas, with the BBQ selling out. New stall “Bubble Tea” was popular, with cool refreshing drinks.
Customers left the market with bags of goodies, fresh produce and Christmas shopping done for the year. Everything we hoped for.
We will see you at our next market Saturday 28th January 2023.
Merry Christmas, and Happy Holidays everyone.
Annette.

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Workshops & demos:

We have many interesting workshops booked for next year! Adding more reasons to shop at Nabiac Farmers' Market. Stay tuned.

Stall holder enquiries:

Do you have some spare land? Do you love growing veggies?
 Why not hold a produce stall at the market? Produce sells well at the market and you've got all summer to plan!
 Contact details below. Download application forms from the website.

We are proud of our stallholders:

Locally produced

- *wine *cheese *plants *culinary delights *chutney *pasture-raised meat & eggs *olive oil
- *macadamia products *garlic *chilli & chutney natural skin care *honey *coffee *plants *specialty tea
- *unique artisan wares *baby clothes *fresh produce *seedlings *specialty tea *turmeric *flowers *timber work *ceramics *textiles
- *garden-art *chooks *dog treats *seedlings *jewellery *sourdough bread *market BBQ *food *live music



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

We regularly post info and updates on Instagram and Facebook. Follow us to support local shopping and stay updated!

Thank you to everyone who makes our market great. We appreciate you all.
 Best Wishes for the festive season. Merry Christmas everyone.

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



"Nabiac Farmers' Market has donated \$500 to this cause"



WE CAN ONLY GIVE WHAT WE RECEIVE

Help us help those in need this Christmas. The gifts you give will go a long way to spread Hope and Joy to those who need it most.

We are looking to provide the following items which we will pass on to Clubs or Welfare Christmas bags:

- ✓ Toilet paper rolls
- ✓ Paper plates (100 pack)
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- ✓ Paper napkins (100 pack)
- ✓ Paper towels (100 pack)
- ✓ Paper plates (100 pack)
- ✓ Paper cups (100 pack)
- ✓ Paper napkins (100 pack)
- ✓ Paper towels (100 pack)
- ✓ Paper plates (100 pack)
- ✓ Paper cups (100 pack)
- ✓ Paper napkins (100 pack)
- ✓ Paper towels (100 pack)

For more information, please contact our Action of the Year Community Action Officer: shirley@nabiac.com.au



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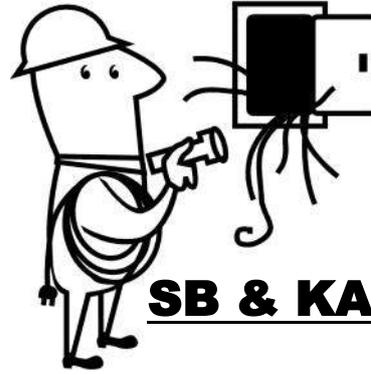
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TAREE BLOOD DONOR CENTRE

**PLASMA DONATIONS ARE
KEEPING PATIENTS LIKE GREG ALIVE**

A Wingham local who needed plasma donations to walk again after becoming paralysed with a rare immune system condition is calling on the Taree community to donate plasma.

Greg Newell was diagnosed with a rare disorder in which your body's immune system attacks your nerves, and monthly plasma transfusions have enabled him to walk again.

Plasma is the “golden” part of blood used to treat a growing number of patients including those with cancer, immune conditions, trauma conditions, kidney disease, and demand is the highest it's ever been.

Mr Newell, who runs Linga Longa farm says plasma has been life-changing for him.

“The condition left me in a hospital bed unable to walk or move my legs. But 18 months later after many plasma infusions, I am now able to move around on crutches, and at times unassisted,”

“I can never thank people from this community who donate plasma for the amazing work that is carried out every day, thank you to each and every one of you, what you do is simply lifesaving.”

Lifeblood's *Ruth Harrison* thanks donors for their support and urges the community to get behind patients like Mr Newell.

“The need for blood is growing in Australia, with Lifeblood needing to collect 33,000 donations a week to ensure some of the most vulnerable patients get the treatment they need,”

“And despite locals from Taree donating more plasma than ever before, these patients need more plasma donors on their support team to get them through treatment,” she added.

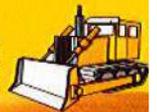
“Donating once, or just once more, will ensure Australian patients like Greg continue to get the medicines they need.”

To donate blood, call **13 14 95** or visit lifeblood.com.au. When you donate, mention the club you'd like to have your donation counted towards.



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**Plasma is not a
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Plasma can be used in
18 life-giving ways, from
treating serious burns
and cancer, to protecting
people with brain or blood
disorders.

Scottish Golf Story

John, who lived in the north of England, decided to go golfing in Scotland with his buddy, Shawn. They loaded up John's minivan and headed north.

After driving for a few hours, they got caught in a terrible blizzard. So they pulled into a nearby farm and asked the attractive lady who answered the door if they could spend the night.

'I realize it's terrible weather out there and I have this huge house all to myself, but I'm recently widowed,' she explained, 'and I'm afraid the neighbours will talk if I let you stay in my house.'

'Don't worry,' John said. 'We'll be happy to sleep in the barn, And if the weather breaks, we'll be gone at first light.'

The lady agreed, and the two men found their way to the barn and settled in for the night.

Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend of golf. But about nine months later, John got an unexpected letter from an attorney. It took him a few minutes to figure it out, but he finally determined that it was from the attorney of that attractive widow he had met on the golf weekend.

He dropped in on his friend Shawn and asked, "Shawn, do you remember that good-looking widow from the farm we stayed at on our golf holiday in Scotland about 9 months ago?"

'Yes, I do,' said Shawn. 'Did you, er, happen to get up in the middle of the night, go up to the house and pay her a visit?'

'Well, um, yes!,' Shawn said, a little embarrassed about being found out, 'I have to admit that I did.'

'And did you happen to give her my name instead of telling her your name?'

Shawn's face turned beet red and he said, 'Yeah, look, I'm sorry, buddy I'm afraid I did. Why do you ask?'

'She just died and left me everything.'

(And you thought the ending would be different, didn't you?.. You know you smiled... -now keep that smile for the rest of the day!!!)

Mercedes for Sale @ \$1*

Someone put up this advertisement...

No one believed it could be true so no one responded, but an old man responded and went to see the car.

The Lady actually sold him a Mercedes, which had done just 12,000 Kms, for \$1

She handed him the papers and the car keys. Deal done.

As the old man was leaving, he said, "I shall die of suspense if you don't tell me why this car was sold so cheap?"

The Lady replied, "I am just fulfilling the will of my deceased husband, where it's written that the money received from the sale of his Mercedes would go to his Secretary .."

Wives are Wives, in life, after death too....

An elderly man in Queensland, had owned a large property for several years.

He had a dam in one of the lower paddocks where he had planted mango and avocado trees.

The dam had been fixed up for swimming when it was built and he also had some picnic tables placed there in the shade of the fruit trees.

One evening the old farmer decided to go down to the dam to look it over, as he hadn't been there for a while.

He grabbed a ten-litre bucket to bring back some fruit.

As he neared the dam, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his dam.

He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, 'We're not coming out until you leave!'

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the dam naked.'

Holding the bucket up he said, 'I'm here to feed the crocodile'

Moral: Old men may walk slow, but they can still think fast!

Lyn's Larder

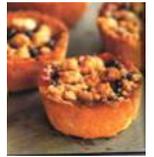
As it is Christmas, some Christmas recipes for you from a Sydney Supershop magazine I was given

CRUMBLE TOP MINCE PIES

Just like mince pies, only better! A rich crumble tops off these festive favourites For a smaller quantity the recipe can simply be halved

INGREDIENTS

175 g Plain Flour, plus extra to dust
65 g Icing Sugar
100 g Unsalted Butter, chilled and cubed
1. Egg yolk
1 tbsp Orange juice
840 g Fruit mince
Zest of 1 Orange, finely grated



CRUMBLE

75 g Plain Flour
60 g Unsalted Butter, cubed
50 g Demerara Sugar
¼ tsp Cinnamon
Pinch of Salt

METHOD

1. Grease a 24 hole small muffin tin, ¼ cup capacity
2. Blitz flour, icing sugar and butter in a food processor until it resembles fine breadcrumbs. Add egg yolk, orange zest and juice and pulse again to bring the pastry together. Turn out onto a floured surface and lightly knead. Shape into a disc, wrap in clingfilm and refrigerate for 30 minutes.
3. Make the crumble top by pulsing flour, butter, sugar and cinnamon in a food processor until it comes together in clumps. Refrigerate until needed.
4. Preheat oven to 190°C.
5. Cut pastry in half and work with one piece at a time while the other piece stays in the fridge. Roll pastry out on a lightly floured surface until it is about 3mm thick. Using a 7.5 centimetre cutter, cut out rounds and line the tins with pastry. Fill cases with fruit mince and then top each with the crumble mixture. Bake for 20 minutes or until golden. Leave to cool in tin before gently taking out.

CRUNCHY POTATOES WITH PRESERVED LEMON

These sound delicious go with a roast

INGREDIENTS

3 kg Potatoes
200 mls Olive oil
10 Sprigs Thyme, leaves stripped
2 tbsp Cumin
4 tbsp Preserved Lemon rind, shredded
Sea Salt
Freshly ground Pepper



METHOD

1. Preheat oven to 180°C
2. Peel potatoes and **thinly** slice (use a mandoline if you have one). Add potatoes to a large bowl with olive oil, thyme, cumin, lemon and a generous sprinkle of salt and pepper. Toss ingredients to combine.
3. Spray a 45 cm x 30 cm roasting tin or casserole dish with cooking spray. Arrange potato slices in rows, starting at the short edge of the dish until the dish is filled.
4. Roast for one hour and 15 minutes or until golden and crispy

Note: the potatoes are stood on their sides, not flat on the base.

Old is great!

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

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

A guy walks into a lumber yard and asks for some two by fours.

The clerk asks, "How long do you need them?"

The guy answers, "A long time. We are gonna build a house."

Snippets from Council, and Steve Bromhead's Offices



Steve Bromhead's Office

Bunyah is to receive 2 new bridges replacing the Wyses Road Bridge No 1 & Norries Road Bridge No 1, funded by the NSW Government's Fixing Country Bridges Program.

Key healthcare workers in regional NSW will be given the opportunity to enter the workforce or upskill, thanks to the NSW Government's \$5 million Rural and Regional Health Career Scholarships program.

"These scholarships range from helping out with the cost of travel or relocation to study to reskilling our current workforce to ensure each individual is equipped to treat our community the best they can.

Mid Coast Council will soon start receiving funds for urgent pothole repairs, under the NSW Government's \$50 million Fixing Local Roads Pothole Repair Round.

"From December, councils across regional NSW will receive their share of \$50 million to repair pothole-ravaged local and regional roads," Mr Faraway said.

"This additional support will help councils to repair their most damaged roads, improving safety and reducing wear and tear on vehicles.

\$120,000 TO BETTER PROTECT MYALL LAKES COMMUNITIES FROM FLOODS

The Myall Lakes community will be better prepared for potential flooding with \$120,000 in NSW Government grants to reduce the impacts of floods.

Member for Myall Lakes, Stephen Bromhead said the grants, awarded to MidCoast Council under the 2022-23 Floodplain Management Program, which has been running since the 1980's, will fund critical flood risk management projects.

"The Myall Lakes community knows the reality of what life is like when this area floods and how important it is to be prepared in order to reduce the impact of floods on our homes and businesses," Mr Bromhead said.

"I'm extremely pleased to announce that the NSW Government has awarded \$80,000 to MidCoast Council for the Design of flood evacuation routes in Wingham.

We know how badly Wingham has been impacted by flooding over the past few years and this study is necessary to ensure investigation and design studies are undertaken to reduce evacuation risk for many properties.

"Additionally, \$40,000 is going towards a post-2021 flood review of MidCoast Flood Risk Management Study & Plan documents in light of the March 2021 event. This will include recommendations on triggers and response planning assistance for State Emergency Services, recommendations for flood warning systems, and consideration of all flood-affected properties for addition to the list for volunteer purchase and house raising schemes."

MENOPAUSE HEALTH HUBS SUPPORTING WOMEN ACROSS NSW

Member for Myall Lakes, Stephen Bromhead has announced that women living with severe symptoms of menopause will be able to access specialised care at four Australian-first health hubs, with another 12 services to open across the state.

Made possible thanks to the NSW Government's \$40 million 2022-23 Budget commitment over four years, the four menopause hubs include two enhanced services now open at The Royal Hospital for Women and Royal North Shore Hospital, a new hub established at Campbelltown and a rural network hub led by Hunter New England in 2023.

BETTER PROTECTION FOR MYALL LAKES UNDER LAND-MARK COERCIVE CONTROL REFORMS

Women, children and all members of the Myall Lakes community will be made safer as historic and life-saving coercive control reforms pass Parliament yesterday.

Member for Myall Lakes, Stephen Bromhead welcomed the passage of the laws through Parliament.

"Coercive control is a form of domestic abuse that involves patterns of behaviour that have the cumulative effect of denying victim-survivors their autonomy and independence."

"The new law will make it an offence to carry out repeated abusive



Discover the wonders of our waterways at the Riverside Living Museum

An interactive museum and family fun day will celebrate MidCoast Council's release of its annual Waterway and Catchment Report Card.

Everyone's invited to the free Riverside Living Museum. Join us in Queen Elizabeth Park, near the Riverstage, on Saturday **10 December from 8.30am to 12pm.**

The event aims to connect kids with their local environment and instil a love for where they live.

Both kids and adults will discover more about our waterways and the animals and plants that rely on them.

"There will be a host of hands-on, fun activities at the museum pop-up. You will learn about the Manning River and our Southern Estuaries. You will also have the opportunity to meet local experts. There will be nature art workshops, an interactive catchment model, water testing with scientists, a free barbeque, surveys and games to get the kids involved. Everyone will enjoy hearing from National Parks Discovery Rangers," said Council's Water Quality and Estuary Co-ordinator, Prue Tucker.

"Whilst having fun is the priority, we hope kids will gain an appreciation for the local environment and it becomes something they want to protect into the future."

The Waterway and Catchment Report Card is Council's opportunity to share the results of our waterways annual health check.

"The results help us measure the success of the many water quality projects we undertake with our community and partners," said Ms Tucker.

For more information on the report card visit

www.midcoast.nsw.gov.au/reportcard

The savings finder project

Free appointments are on offer to help you balance your household budget, thanks to Service NSW sessions being held at Taree and Forster Libraries in December and January.

One-on-one appointments are available in Forster on 13 December and Taree on 14 December 2022, with a second session in Forster on 10 January and Taree on 11 January 2023.

The Savings Finder Program provides helpful information on how to make savings on power bills, transport, health, sports and recreation.

By answering a few simple questions in a one-on-one appointment, you may be eligible for rebates and savings on these expenses.

Bookings are essential. Contact Taree Library on 6592 5290 or Forster Library on 7955 7001 to reserve your spot.

The Savings Finder Program is a NSW Government initiative.

Local students create amazing art

Students from across the region have completed a special Indigenous art program, with breathtaking results now on exhibition.

'Home: Aboriginal Art from New South Wales' is a regional education program from the Art Gallery of NSW and the NSW Department of Education. The program was delivered through the Manning Regional Art Gallery to 260 students from 10 schools in the MidCoast region.

"The Home program helps students deepen their understanding of Indigenous art and history," said Art Gallery Director, Rachel Piercy.

"It helps them look for meaning in art and produce meaning in their own creations."

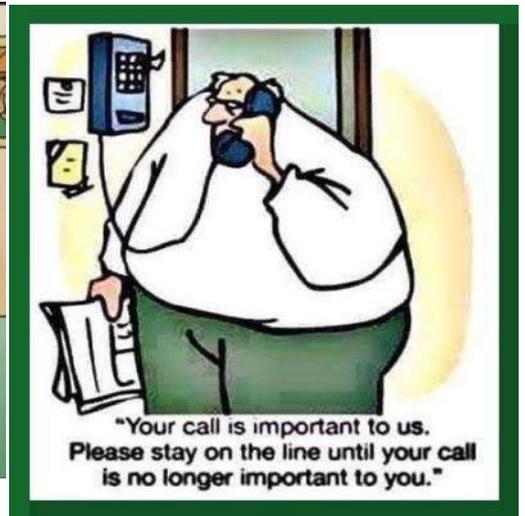
"This year's program, Nyaaga, Ngarrangga, Wuba (Gathang words meaning Look, Listen, Make) encouraged students to look at the work of Indigenous artists, listen as the artwork was explained, and make their own artworks. The results are both beautiful and poignant."

The exhibition can be viewed in the foyer of **MidCoast Council's Customer Service and Administration Centre**, Yalawanyi Ganya, 2 Biripi Way, Taree. **The exhibition is free and runs until Friday 20th January 2023.**

behaviours to a current or former intimate partner with the intent to coerce or control, and will carry a sentence of up to seven years in jail," Mr Bromhead said.



You have to give the owner credit for some ingenuity



People are quick with new jokes!

Vladimir Putin, to get on the good side of voters, goes to visit a school in Moscow to have a chat with the kids.

He talks to them about how Russia is a powerful nation and how he wants the best for the people.

At the end of the talk there is a section for questions. Little Sasha puts her hand up and says, "I have two questions. Why did the Russians take Crimea and why are we sending troops to the Ukraine?"

Putin says, "Good questions". But just as he is about to answer the bell goes and the kids go to lunch.

When they come back, they sit down and there is time for some more questions.

Another girl, Misha, puts her hand up and says "I have four questions. Why did the Russians invade Crimea, why are we sending troops to the Ukraine, why did the bell go 20 minutes early, and where the hell is Sasha?"

A woman noticed her husband standing on the bathroom scale, sucking in his stomach.

"Ha! That's not going to help," she said.

"Sure, it does," he said. "It's the only way I can see the numbers."

The following are results from an OZ-words Competition where entrants were asked to take an Australian word, alter it by one letter only, and supply a witty definition

Clearly, you need to be an Aussie to understand.

Billabonk: to make passionate love beside a waterhole

Bludgie: a partner who doesn't work, but is kept as a pet

Dodgeridoo: a fake indigenous artefact

Fair drinkum: good-quality Aussie wine

Flatypus: cat that has been run over by a vehicle

Yabble: the unintelligible language of Australian freshwater crustaceans

Crackie-daks: 'hipster' tracksuit pants.

An Interesting Fact

During the Royal wedding of William and Kate, millions around the world saw that Prince William chose to wear a uniform that included the famous British 'Red coat'.

Many people asked, "Why did the British officers wear red coats in battle?"

Over 200 years ago, Britain and France were at war. During one battle, the French captured a British Colonel. They took him to their headquarters and the French General began to question him.

Finally, as an afterthought, the French General asked him,

"Why do you British officers all wear red coats? Don't you know the red material makes you easier targets?"

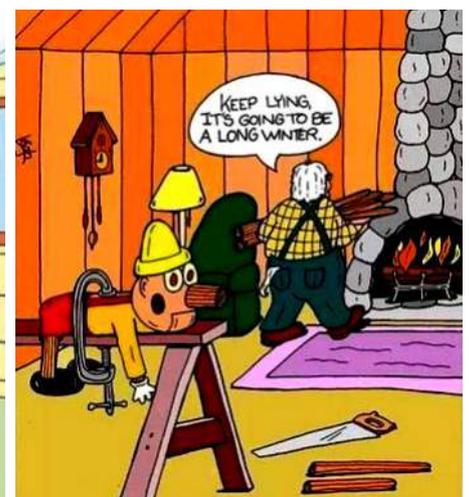
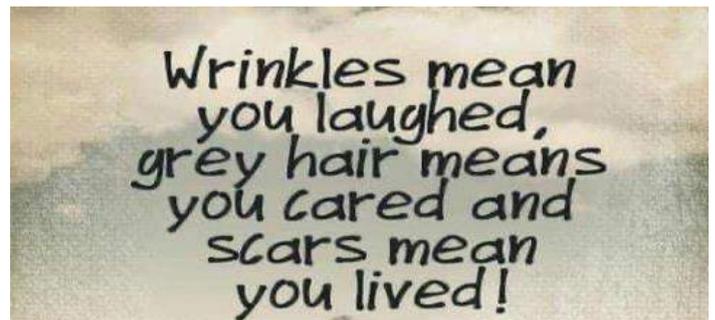
In his casual, matter-of-fact way, the officer informed the General that the reason British officers wore red coats is so that if they were wounded, the blood wouldn't show and the men they are leading wouldn't panic.

English Teacher: "Give me the opposite of this sentence."

"Children in the dark make mistakes"

Student: "Mistakes in the dark make children."

Teacher: "Get Out!"





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Good Medicine

Christmas in our hearts

How do you feel about Christmas? It sometimes seems hard to get excited about buying gifts among the crowds (try a book catalogue) buying extra food which you can't afford, and feeling energetic enough to clean the house. And have we the time for Christmas parties and end of school celebrations, or even going to church? The truth is, Christmas will still happen if the house isn't clean ... the first one was in a stable. It will happen without any gifts because baby Jesus is the gift God gave to the world, and being with loved ones is a gift ... especially after lockdowns. You often hear of people graciously inviting others for Christmas dinner and charities providing meals for those on their own.

Decorations can be hand made ... out of crepe paper, remember the fun we had doing them? I once read about a family who decorated a gum tree for Christmas using gumnuts and bush flowers. Another family couldn't afford gifts and so they gave each other something of their own. The little girl gave her 2 year old brother her doll, because he liked it – but she first took off the pink dress. You could say it was a gift ... but 'barely'.

Sometimes God can seem irrelevant in our busy lives, but in 1968 three astronauts didn't think so. On Christmas Eve the three Apollo 8 astronauts were circling the moon and sharing images of both the moon and the Earth. They 'became the first humans to enter lunar orbit', and their instructions from NASA were to do something appropriate because 'on Christmas Eve they would have the largest audience that had ever listened to a human voice'. So they took turns reading from the first chapter of the Bible, Genesis 1 ... the story of creation. I just can't imagine being amongst the stars, moon and the whole cosmos ... how awe-inspiring!

Last year some of our family went to Christmas Carols at Gloucester show ground. Although it had seemed an effort to go, the event was lovely and we thoroughly enjoyed it. Many people were involved, as

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, Krumbach

December Mass times are Saturday 3rd at 6:00pm - Saturday 10th at 6:00pm - Saturday 17th at 6:00pm - Saturday 24th at 6:00pm
January Mass Saturday 7th at 6:00pm
(contact Helen Legg on 6559 1211)



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it included a BBQ, fairy floss, glow lights and the stage on a truck. On the way home, as the storm which had threatened pelted the car, I imagined all the packer – uppers probably being drenched. The event wouldn't have happened without the time and effort given by many ... who were willing to put aside their own tasks.

If you feel that Christmas is a lot of trouble, the shopping and cleaning are not the whole story. It's really about God sending His Son into the world as a baby so that we could have free salvation. Come to me ... listen that you might live. *Isaiah 55:3.*

Jesus said **I am the way the truth and the life**, *John 14:6.*

quotes from ourdailybread.org

The Counsellor



CHRISTMAS IS THE CELEBRATION OF THE BIRTH OF JESUS, THE SAVIOUR OF MANKIND

St Paul's Anglican Church - Nabiac

Is having a Christmas Eve Carol Service
Starting @ 7:30pm
Everyone is welcome



THERE WILL BE
NO SERVICE ON CHRISTMAS DAY

Krumbach 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).
NOTE: Christmas Day Service will be held @ 9:00am

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

December - No Mass will be held at Nabiac. It will be held at Krumbach

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Barb available on Monday - Tuesday - Wednesday - Thursday
Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

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

An announcement of a birth, birthday, passing?
Some personal message?
Do it on the back page to get full attention

Do you need a *Justice of the Peace?*

Then contact

Stuart **Weller** on 6554 1904 (Nabiac)

Gordon **Foy**, 2949 Bucketts Way, Belbora on 6550 2547 or 0417 290 874

Helene **Murphy**, on 0412 778 494 (Dyers Crossing)

Lance **Fletcher**, Blackbutt Drive, Failford on: 0409 850 671

Karen **Tyler**, The Bucketts Way, Kundibakh on 0425 226 699

Kate **McIntosh**, on 6554 1144 or 0434 589 048 (Minimbah)

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

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

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

Useful Numbers

EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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Christmas is upon us once again.
We have some wonderful Nak and Arbore packs available
and don't forget the option of our gift vouchers, call in and have
a look.
The salon will be **closed from Saturday the 24th of December
and reopens Tuesday the 3rd of January.**

Now for our Christmas saying:

*"Wishing you the timeless treasures of Christmas, the warmth of
home, and the love of family and the company of good friends."*

*Wishing everyone a wonderful Christmas and hopefully a better and
brighter new year.*

"Belinda, Barb & Jess" ♥

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.



PEACE **NOEL**
Christmas Carols
at
Krambach Bible Church
(next to the school)

Wednesday 21st December
following the Free Sausage Sizzle
@7:00pm

COME ONE, COME ALL!!

Enquiries - call Robert on 0400 310 357

Christmas JOY