

and it's FREE, too!

ACROSS THE FENCE

happy Valentine's Day

to all of you love birds in the area!

it's
Now Time
Are you ready?

March 11th
at Nabiac

Krambach Country Music

Sunday 26th February.
details page 3



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Editorial.

Hi all,

It is back to the ole' grind stone for us all after a lovely break. I hope everyone had an enjoyable and happy Christmas with family gatherings and friends around.

Mine own was spent with friends, and the family up for a week between Boxing Day and New Years. The weather was good to us all so we could do the BBQ bit and be outside all the time.

Krambach Hall is hosting another Country Music day on 26th and I have been informed that they are going to start holding them every three months. Good day of entertainment for all and funds for the hall.

Two more new ads. Seems to be a lot of new alternative treatment providers in the area and also aged carers who are especially needed to enable older folk to remain in their homes with all of their loved possessions around them instead of having to go to live in hostel type accommodation with on tap care - a good thing if you are really unable to cope by yourself.

The annual show is looming. The programmes have been done and I assume, delivered and are also on the web for those who are not near a pick up point. Time to get the projects finished, chase the possums off the vegies and plants (I have given up as my resident possum has just denuded my tomatoes and I only got to eat ONE. Either it or the wallabies also love the rose leaves, so no roses!) and decide which piece of handiwork you are going to enter.

NOTE: this year the **PRODUCE SECTION** has its own programme!

Short a few articles this month. School has only just returned so that is understandable and, I think, the others are just getting over their holidays.

My neighbour has lost his dog, Lulu, and is understandably very upset. If the families around the Firefly area would keep their eyes out for her, she is very friendly, and would come if you called her. Details of her are on the back page.

Also a very good deal with the car advertised. I know the owner and the car and it is beautifully maintained, log books, too.

Valentine's Day is also approaching. Hope your loved one spoils you on the day and maybe you can enjoy a romantic dinner somewhere.

The OP-SHOP seems to be doing very well with support being given to several areas. Keep them supplied. Some great gear goes through their doors if you are lucky enough to be there on the day.

It has been great to see some rain. My place looks lush, but the ground is still rock hard. I want a bit more as my water tank exploded last week and 5,000 gallons flooded the orchard. The force of it emptying was rather terrifying. Thought a tree had fallen on something; so I want nice clean rain water to refill the new one.

Keep well and safe

Lyn, & Timidthy (Tilley Cat in spirit)



WHAT'S HAPPENING IN FEBRUARY 2023

Markets & Events.

• Bulahdelah	(1st Sat)	4 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	5 th	8am to 12 noon
• John's River Country	(2nd Sat)	11 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	4 th	8am to 12 noon
• Myall Quays	(3rd Sat)	18 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	18 th	8am to 12 noon
• Krambach	(3rd Sun)	19th	8am to 12 noon
• NABIAC	(Last Sat)	25th	8am to 12 noon
• Old Bar	(Last Sun)	26 th	7am to 1pm
• Pacific Palms	(Last Sun)	26 th	9am to 1pm
• Forster Town	(2nd Sun)	12 th	8am to 2pm
• Halliday's Point	(1st Sun)	5 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	25 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	18 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	25 th	8am to 1pm
• Burrell Creek	(2nd Sun)	12 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	18 th	???
• Wingham Markets—showgrounds		18 th	

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

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

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone**

WHEN you have left articles there to be collected

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

ALL ART WORK IN JPG ONLY

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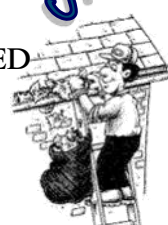
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Learn the Japanese Healing Art of Reiki to Heal your Life and Help Horses Too

Are you or your horse suffering from stress or a stress related condition? Are you looking for a natural alternative to reduce your stress levels or manage pain or illness?



Reiki can help restore the balance in your life and help your horse too.

Reiki is a powerful, yet very gentle healing technique that offers many benefits. This lovely modality works to promote health and wellbeing of the entire physical, emotional, and spiritual body and can be used for general relaxation or specific health conditions. One of its greatest health benefits is to promote a sense of deep relaxation by releasing stress and tension from the body, making it extremely effective for stress reduction and pain relief.

Most people experience a feeling of deep relaxation and a sense of peacefulness immediately after a Reiki treatment, which can last up to several days. Treatments can also relieve physical pain or discomfort caused by injury, illness, disease, or stress.

Reiki provides animals with these same healing benefits, making it an effective method of caring for your beloved animal's physical injuries and emotional issues—and virtually any problem your animal might experience. Horses love Reiki and respond well to the soothing energy.

Have you ever wanted to learn how to heal yourself or others? Would you like to learn how to help horses heal from past trauma, neglect, or abuse?

Reiki is easy to learn and offers a lifetime of benefits by promoting good health and a sense of wellbeing. A Reiki healing can create feelings of personal harmony, serenity, relaxation, increased vitality, and inner peace.

Julie Abrahams is an experienced horsewoman, Reiki teacher and founder of Four Winds Reiki, a business dedicated to helping horse



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lovers create a happier, healthier life that they love, in harmony with horses. Julie has combined her lifelong love for horses with many years as a Reiki teacher and transformation coach to create a unique range of courses designed for horse lovers who want to learn how to improve their own and their horse's health and wellbeing, and for those who want to connect spiritually with their equine friends, to build a strong relationship with their horse based on trust, respect and understanding.

The courses are open to all horse lovers and take place at Julie's property on Wallanbah Road, Bucca Wauka at various times throughout the year.

If you would like to find out how Reiki can benefit you and your horse, or learn more about Equine Reiki courses, contact

Julie on 0404 470 571, or email julie@fourwindsreiki.com.au or visit her website www.fourwindsreiki.com.au for more information.

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
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Between the Pages

Nabiac Library News



Goodness gracious it's February!!! 2023 is marching on, the kids have returned to school. We hope all had a happy and safe holiday season, enjoying great food, fun family time with loved ones and friends. The Nabiac Library volunteers and staff are happy to see all your wonderful smiling faces once more.



Following on from Summer Holidays Fun for Children with Camping & Outdoor Family Activity Guide is "365 Outdoor Activities You Have to Try!" More exciting activities families can do, even some will make great gifts!

Did any of you Explore Australia over the Christmas/New Year break? What an amazing country we live in and so-o-o many ways to see all its wonders!!! Walks of Discovery, camping as families or retirees, tours, museums, galleries plenty of books, magazines, DVDs to plan your next holiday escape.

January Children's Summer Holiday Activities were a hit!!! Our clever kids made excellent woven paper cup penholders as you can see!!



How about these awesome sewn felt bag tags? Very cute, no



Nabiac's Watercolour painting workshop is fully booked. It will be a delightful morning learning a fun, new skill.

Tech Savvy Seniors-How to Navigate Your Smartphone and Tablet at Nabiac Library Thursday, 9th February 2023 10am—12pm (BYO device).

This workshop helps you gain confidence and understand your device. Possible topics may include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things are that make using your smartphone easier. **Bookings are essential. Book online using the 'Get tickets here' button or phone 6592 5290.**



Remember Valentine's Day 14th February.

How will you let that special someone know you care this year?

A cosy theme mystery to read. Or perhaps youth fiction? Or try magazine recipes for your special meal, picnic or activity.

Come browse the library catalogue for ideas.

Until next month, come see, come enjoy your Nabiac Library, its wonders, its resources!!!

We'll look forward to seeing you there!!

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Nabiac Memorial Neighbourhood Centre Association



The new Neighbourhood Centre Committee elected at the AGM in December, 2022 are President:- *Kit Carson*, Vice President:- *Colin Henderson*, Treasurer:- *Ross Dearing*, Secretary:- *Louise Collins* and committee members are *John Baker*, *Ann Newlan*, *Kathryn Murphy*, *Christal Pearce*, and *Liz Van Reece*. We meet at the Neighbourhood Centre, on the **second Thursday of every second month at 7pm.**

A big thank you to all who support the Nabiac community at the Op Shop. Our community owns the old building including the Pre-school, which operates in the old maternity wing of what was the Nabiac War Memorial Hospital. The old building can at times be expensive to maintain. We are about to replace the original maternity wing roof that was erected in 1961. This will give us a roof strong enough to support the new solar panels funded for the Pre-school. The total cost will be about \$12,000 and as I write the Pre-school Committee are offering a donation towards the cost. We have recently had the pot-holes eliminated from the front carpark, a never ending problem with wet weather.

There are a few copies of the book about the old hospital for sale at the Op Shop, reduced to \$10 each. The story of the hospital is an interesting read. The book was written by *Laura Sykes* and intended to fund the buildings future needs.

A few years ago, we supported Manning and Great Lakes Riding for Disabled with the purchase of a new horse. We have again agreed to support them with a \$5,000 donation for earthworks and another \$5,000 to assist with horse expenses.

If you are thinking of volunteering, talk to *Kathryn* (Op Shop Wednesdays) and *Sheila* (Community Technology Centre Tuesdays). Volunteers are also needed at the Community Garden (Tuesdays) at the rear of our shed (see Joel at Karuah Great Lakes Landcare).

Our next meeting will be on 9th February at 7pm.

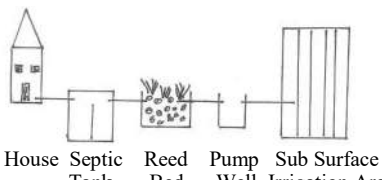
Louise Collins,
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We offer a range of services to support those with NDIS or Aged Care packages and those who are privately funded. Supports help to maintain independence without compromising living standards. Care can include a full range of tasks from personal care, cooking, house-keeping, medication assistance, hygiene, community access, capacity building and much more.

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Home supports to maintain independence without compromising living standards. It includes a full range of tasks from personal care, cooking, housekeeping, medications and hygiene assistance.

Community Participation supports your individual goals and helps you to access community safety. We can support you in the community so you have access to a full range of experiences and services including shopping, sports, recreation, healthcare, entertainment, education, and adventures.

Activity Engagement helps you access the things you love to do. Hobbies, sports and clubs give you the chance to enjoy fun activities, engage socially, make friends and practice skills.

Respite care has traditionally been used to help advocates and carers have a well earned break but we also see an opportunity to use this time as a chance to create change and experience new opportunities.

Capacity Building supports the need for growth and assisting participants in reaching their targets and milestones. It improves independence and adds to self-esteem.

If you need a dedicated support service contact David on **0467 303 705** or Raylene on **0478 533 309** or email us at admin@dcwcare.com.au

Kind regards,
Raylene

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Show News

Only another month to go and we celebrate 110 years of Wallamba District shows (more affectionately known as the Nambiac show).



The *Wood Chop* looks like it will be back but the numbers haven't been confirmed yet. The *Tug-O-War* is on again with the sponsorship looking very healthy at \$1,000.00. This year it is being sponsored by *Ray White, Tuncurry/Forster*. There are men's teams, women's teams, and children's teams. If you belong to a sports club or a club that could benefit from you competing in the Tug-O-War, please register your team and have a lot of fun.

If you are a handy/crafty person and are keen to enter something in the show, now is the time to start your project for the hall exhibits. There is also the Produce, Children's, Poultry, Goat, Horse, and Cattle schedules now up on nabiac.com for you to view. Keep an eye on the website as that's where we are loading all the information you will need about the 2023 Show.

Our big event this year is having the *Freestyle Kings Moto X* bringing their motorbikes along and demonstrating tricks and stunts. This group of riders has been achieving a great deal of media interest recently, both on the television and in the newspapers. This will be held in the main ring at 6pm.

The introduction last year of using on-line ticketing was received well and helped with the admittance to the show. This will be used again in March and encourage pre-purchased tickets which makes it easier to keep lines to a minimum. The admission is the same as last year i.e. \$12.00 for adults, \$5.00 for children (under 6 years FREE), Aged Pensioners \$5.00 (must show concession card), Family Pass \$35.00

(two adults and three children). We are using a new company to supply the rides this year and we have secured dodgems, blow-up slides and castle, cup and saucer rides, to name only a few and they will also bring their food vans with them which will only compliment those who regularly come to the show and bring only the tastiest of foods to everyone. Several of the show committee have attended other shows in the past six month trying to bring the best to the Nambiac show. Next month, I hope to bring to you the Program of Events and highlight market stalls and attractions.

The schedules will be out by the time you read this, so look on the Nambiac site as well as picking up a copy from an outlet near you. They are full of information relating to the event on the cover and will whet your appetite to look at areas you might otherwise have side-stepped.

Please remember if you are looking for a way to assist your community, helping with the Show is a great option. There are lots of jobs to share in the set-up on the week preceding the show, or clean-up day on Sunday 12th March. Feel free to roll up, you'll be greeted with a smile, a task, warm thanks and possibly a cuppa. Please ring the number below or email me if you have any questions or are able to help. The show, even though it is one day, needs as much support and help to get it ready. Every hour you can help means a great deal and is very much appreciated.

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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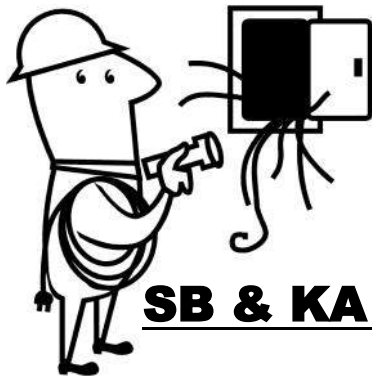


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SATURDAY 11 MARCH 2023

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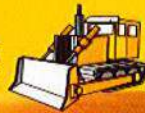
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MINIMBAH MATTERS



Minimbah Rural Fire Brigade welcomes you to our first article of 2023 – the Year of the Rabbit. Like many creatures, Rabbits can be either a friend or a foe. It is subject to personal interpretation and circumstances; e.g. are you a farmer, a gardener or a pet shop owner?

It's a bit like the weather, or even a garage sale where one person's trash is another person's treasure. Let's just make the best with what comes our way.

There have been a few call outs in the past month or so – predominantly to motor vehicle accidents and grass fires. It hasn't taken much for the long grass to dry off. Although we had very few days of hot temperatures, December was a fairly dry and windy month, and that's all it took. Some people who had current fire permits and had taken all the necessary and suggested precautions, still found themselves in difficulty with the changing weather conditions. And then there were unexplained fires on median strips along the Highway. One of the great unsolved mysteries of the world! Fire Permits are still required and will be for the next few months. They are free through your local Rural Fire Brigade. To find out the name and contact details of your nearest NSW Rural Fire Service (RFS) Permit Issuing Officer, please call **NSW RFS Mid Coast Fire Control Centre on 1300 643 262**.

The Nabitac Show committee has once again invited us to be part of their festivities on 11th March. Our fire truck will be near our information booth during the day, and will be crewed to form part of the compulsory safety crew for the night activities which we understand are different to the past few years, and of course the fireworks which bring the Show to an end with a big bang. Come and say hi to us. Bring your friends, neighbours, children, and questions.

We never publish anyone's private telephone number in this article, unless they ask us to. We wouldn't publish yours, and for those same privacy reasons, we don't broadcast the phone numbers of our Members. If you are interested in joining our Brigade, you can:-

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- ◇ Call in and meet us at our Fire Station at 681 Minimbah Road, Minimbah on the Second Saturday of each month from 9 a.m. to (usually) around 11 a.m.
- ◇ You can send an email to our Secretary at minimbah-rfb@hotmail.com
You may not receive a reply immediately because our Secretary has a paid job during the week, as well as being a Volunteer Fire Fighter, but you will not be ignored.
- ◇ You can always call **NSW RFS Mid Coast Fire Control Centre on 1300 643 262** and they will provide you with the appropriate and current telephone number to call to make-contact with us. By the way – they can answer questions about all sorts of RFS matters and fire related issues.
- ◇ Visit us at our RFS information stand at the Nabitac Show and meet some of your local Volunteer RFS Members. They are a friendly and knowledgeable bunch.

If you are interested – we are interested.

Due to the number of training courses that are available to RFS Volunteers, the Mid Coast District has again commenced their training early in the year. The majority of our training, especially at District level, is done during the cooler months when Brigades are not so busy with fires, but in order to accommodate as many Members as possible who wish to increase or update their qualifications, training is in full swing now. Many of the courses carry National Accreditation which some people find helpful in their "day jobs".

Our Brigade has in-house training after each monthly meeting, and a designated training session at 10 a.m. on the fourth Wednesday of each month.

We live with bush fires, so LIVE BUSH FIRE READY.

Stay calm. Report unattended fires to

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News from Nabiac Second Chance Op Shop

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

Happy New Year to all.

Good news. The Op Shop and Shed will no longer be closed on the first Wednesday of the month. We are open Monday to Saturday every week from now on between 9.00am to 12.00pm.

The Op Shop re opened after the Christmas break on 11th January, 2023.

Our \$5.00 bag of clothing sale was a great success and we will continue to have these sales throughout the year.

A big Thankyou to everyone for holding onto your Donations over the closure period. Your co-operation was very much appreciated by all of our volunteers as we were able to have a well-deserved break.

The car park has been resurfaced during our closure and is looking good.

Please remember to keep to the speed limit as per signs when driving into the Neighbourhood Centre carpark, this will help to keep the carpark in good condition and keep any pedestrians safe.

Thankyou all in advance for your co-operation.

Projects being funded by Nabiac Second Chance Op Shop.

The Op Shop will be fully funding the Fireworks for the Annual Show in March, 2023 once again this year.

Funding for the Glass Display cases for Showground Hall and new flooring in the Poultry.

We will be donating to Manning Great Lakes Riding for Disabled \$5,000.00 for the works to upgrade the obstacle course, and sponsor the upkeep of the horses to the value of \$5,000.00.

Donations:

Please drop off any large donations that cannot be put in the donation bin, *during Opening* hours as above. Please do not leave them on the front porch in front of the doors. We appreciated all the donations but it is becoming a hazard when opening in the morning. Thankyou in advance for you co-operation.

Please take care when dropping donations in the Donation bin as the Shute is continually being damaged with large bags of donations and other items.

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

Workshop and Gallery open every Saturday from
9:00am to 2:00pm

New members are very welcome.
If you like "messing about" with wood, please visit us or contact us as follows:



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Web Site: www.mglwoodworkers.com

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Your donations are very much appreciated, in saying that please be mindful in what you donate, if you wouldn't give it to a friend or family member, please do not donate it to the Op Shop.

Please see our full page of advertising regarding items we are not able to accept or sell. Such as Electrical and Toys. This is due to Insurance purposes.

Shop:

Our clothing racks are bursting at the seams; we have a large range of Summer and light Winter clothing for everyone at the moment. More winter clothing will be put out in the next couple of months.

There is a large range of Linen, crystal, wool, material, Bric N Brac and lots more.

Shed:

The library is full of books, CD's and DVD's. Lots of Furniture, dinner sets, cookware and lots more.

You just never know what treasures you might find.

Don't forget the sale of Books \$1.00 each, Children and young reader books are free, DVD's 15 for \$5.00 and CD's \$1.00 each.

Kind Regards

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

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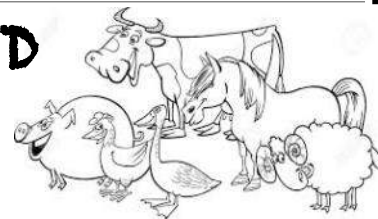
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Nabiac Village Futures Group News



It's now almost February, when the NVFG plans to review our Nabiac Community Strategic Plan. We had planned to do this last year but bookings and renovations of the Showground Hall and COVID caused us to delay. We are now looking at 23rd February as our date, 6 pm at the Show ground Hall.

I've been reminded a couple of times lately of the effort that past residents have made to gain services and infrastructure in the local area. A few days ago I saw on Facebook a post a photo of the old school building at Karkatt (between Krumbach and Dyers Crossing). I searched for information and was amazed to read of the effort of the local families.

In 1892 the first Karkatt school was built with slab walls and an iron roof. Later a new school was built by the Department but lack of enrolments caused the school to close in 1924. Efforts were made to re-establish the school about 2 miles west of the old site, and a committee proceeded to raise funds. Mr. *Easton* offered a block of land, and among the financial contributors were many local families.

On January 30th, 1930 the new building opened with 9 pupils. In 1932 Mr. A. *Mullen* at the P & C AGM had listed the achievements of the parents. They had provided for the school's ceiling, fenced the playground, provided a horse paddock, formed a community library and they planned a working bee to carry out improvements to desks, installation of a stove, and a window. By 1936 the enrolment had grown to over 50 and the small building, some 16 feet square, was replaced by a Departmental structure. Many years later the Karkatt School closed probably due to low enrolments.

How impressive! They had decided to work together to achieve the facilities they thought were needed. Times changed, the school ended up closing but what they did was worthwhile for many years and shared by many.

Come along on 23rd February and participate in discussion about what our town and area should be like in the years to come.

Our next meeting will be held at 7 pm at the Neighbourhood Centre on Wednesday 1st February.

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com



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Nabiac Landcare



The Nabiac Landcare team has been on their summer break but we're keen to get back into the bush. One reason we are working to remove weeds from our bush reserves is that the weeds may form dense thickets that outcompete native plants and reduce food and habitat for native animals.

There are a few plants on my weed watch list this month and once again, YELLOW is a key word. Now I have nothing against yellow flowers but a couple of previously featured garden escapees, namely cassia (*Senna pendula* var. *glabrata*) and yellow bells (*Tecoma stans*) are a problem in our area. Locally we do have a couple of native senna but they are much less common. If you are in less disturbed areas and notice senna flowers it's a good idea to identify before eliminating!

If you see a yellow flowered shrub in the bush, along the roads or creeks at the moment it's probably *Senna septemtrionalis* also known as 'winter cassia'. It has the classic yellow senna flower but the leaves are quite distinctive with broader pointed leaflets compared to the more common weedy cassia (*Senna pendula*). It has deeper roots so is harder to pull and it's seeds can be viable for up to 16 years! Consult Weedwise online for control information. [NSW WeedWise](http://NSWWeedWise) The weather of the last couple of years seems to have contributed to it's recent population explosion and seeds may be spread along waterways during floods.



Broadleaf privet (*Ligustrum lucidum*) is just finishing a magnificent flowering season in our area. You may have noticed small trees and large shrubs with creamy white flowers along fence lines and in gardens. It's great season will finish by setting an abundant supply of small blue-black fleshy fruit and birds will spread the seeds. Quite frankly, I can't imagine having this plant in my garden because it makes me sick, triggering my asthma. I can normally smell



it before I even see it. The following is a quote from the Weed-wiseNSW website

It is reported that privet pollen causes allergic reactions and hay fever. It is unlikely that the pollen of privet is strongly allergenic; however, cross-reactivity can occur where people who are sensitive to grass pollen can become sensitive to privet, producing allergic reactions. It is thought that the perfume of privet flowers causes these reactions, not the pollen. Reactions occur commonly during spring and early summer when privets produce masses of flowers and pollen. These include allergy-like symptoms such as asthma and irritation of mucous membranes. In one extreme case, hospitalisation resulting in near death occurred after the patient was exposed to privet.

For information on control of broadleaf privet look it up on [NSW WeedWise](http://NSWWeedWise).

Last of all, a confession; I like my rather wild garden and I planted some Monbretia (*Crocasmia x Crocosmiiflora*) bulbs given by a friend. It's orange flowers form in pretty sprays from blade like leaves. Big mistake. The mother bulb can produce up to 14 small bulbs a season by underground runners forming a dense mat of bulbs. I am working to remove it! It is usually spread to new areas by dumping of bulbs in garden rubbish and seeds may be viable. I have seen it sneaking under fences and appearing in neighbouring gardens. Consult [NSW WeedWise](http://NSWWeedWise) for control information.



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.

A reminder for the gardeners, it's time to deadhead your agapanthus! If seed heads are mature, bag and red bin, otherwise use them for mulch.

Liz Rees
 65543196



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WALLAMBA CWA REPORT

As I sit and write these notes for ATF February Issue we have enjoyed Christmas & New Year and today Australia Day, 2023 and I hope everyone had a great time at all these events.

Wallamba CWA Branch's final meeting for 2022 was held December 14th at our usual venue and we had 11 members in attendance with 4 apologies.

The meeting opened with "Welcome to Country" followed by the National Anthem, CWA Anthem followed by the CWA Prayer.

Members paused to remember the passing of four local Krumbach residents namely Mrs Billy Stone, Pat Mullen, James (Jim) Legg and George Parker of Taree – formerly of Krumbach. Sincere condolences are extended these families on their loss.

This month's thought was presented by Moya Harris and was as follows: **'Yesterday is history, Tomorrow is a mystery, today is a gift, that's why we call it the present'.**

Penny will give us the thought for February's meeting

Business included the local schools presentation days, unfortunately none of the members were able to attend and make the presentation to students – the branch makes a donation to the three local schools – NABIAC, Krumbach and Coolongolook. Thank you letters and Certificate of Appreciation were received by the branch for their donations.

In the new year the days start to get busy and the first Group event



will be the Cookery and Friendship Day set down for Tuesday 7th February hosted by Kendall branch – several members are hoping to be able to attend and have some cooking entries.

Following on from this day the MNC WA Group Council meeting and Handicraft Day will be held at Bulahdelah Golf Club on Wednesday 1st March which is a full day of meeting and display.

Information has been received for use at the 2023 World Day of Prayer set down for early March and will be held at one of our local NABIAC Churches and the program has been set by the Christian Women of TAIWAN. More details will be worked out at the February meeting.

Treasurer Jenny Ang presented the financial statement of the Branch and advised the members that a small gift had been presented to our Auditor, Kerry Clout, for all her hard work with the books.

It was worked out the Prize money to be donated by Wallamba CWA Branch to Wallamba Show Society for the various sections that the Branch sponsors including Cooking, Crochet and Floral Art (1st and 2nd in each class).

AG & Environment officer Coral gave a short report and wrap up on the past year's topics and we now look forward to the new ones coming up.

Cooking Officer Beth Brewster talked about the schedule for 2023 competition and judging to take place at Kendall. We are hoping we might come home with a couple of winners.

Our International & Cultural report was presented by our Officer Penny who continued to tell us about 2022 Country of Study – LATVIA – and there should be some examples of handicraft at the Bulahdelah Council meeting on 1st March.

Penny spoke about Christmas tree markets and family gatherings for Christmas in Latvia with it being close to the winter Solstice and other different traditions that happen in Latvia.

Handicraft Officer Merle is hoping the members will have worked on their needle cases over the break and present them at the February meeting.

Merle and a couple of the other members

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spoke about the new Gallery for artisans that had recently opened in NABIAC in the former ANZ Bank, later Mower Shop building, which has been named *MUSE ART Gallery* and operated as a co-operative led by *Sharon*. Member *Coral* has placed some of her beautiful felted pictures at the Gallery.

In general business *Penny* advised us the Group intends selling off their current sound system to get a more suitable one.

HO is looking at State conference hopefully being able to be held in Regional centres making it more accessible.

The meeting closed a little before 12 noon with the next meeting to be held on Tuesday 14th February (Valentine's Day) at the usual venue.

Members then made their way to the NABIAC Hotel where they were to enjoy their Christmas Lunch with several of the husbands/partners joining them and a great time was held. Margaret's husband *Bruce* entertained us with a couple of his items of poetry.

Picture on opposite page.

Pam Muxlow
Wallamba CWA
Publicity Officer

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CTC on TUESDAYS & FRIDAYS

Nabiac Community Technology Centre is open on Tuesday & Friday 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, Publisher, emailing, searching the internet or other software problems.

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

Opening is limited to Tuesday & Friday mornings at the moment – starting from February 3rd

Now Covid regulations are over we need volunteers to open other mornings. Anyone interested please contact Sheila on 6554 3032

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

Alan, Terry and Sheila.

FOODWORKS

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BUNYAH PUBLIC HALL

"BUNYAH HALL NEEDS YOU"

For Bunyah Hall to continue its existence in the community, the Hall Committee need your support and involvement.

We invite your participation, by phone or email to the Secretary, to decide an appropriate meeting date to discuss how our hall is to survive and continue to serve our community.

Please note Bunyah Public hall is DESIGNATED AS AN EMERGENCY HUB, and has equipment to operate the hall in an emergency situation

An appropriate meeting time can be arranged at your convenience.

Thanking you,
Maureen Ralph
Secretary
On behalf of The Committee
Phone: 0408 463 944
Email: don.ralph@bigpond.com

MID COAST 2 TOPS LANDCARECONNECTION PRESENTS



Eco Burn
Education

Fire Skills Expo 2022

**Sunday 31st July
Tinonee Oval**

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

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

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

You can have a chat with people from:

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



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



For more information please contact:

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

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



Mid Coast 2 Tops
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MID COAST 2 TOPS LANDCARECONNECTION PRESENTS



Eco Burn Education Workshop Series

Are you interested in learning how to protect your property from wildfire? Are you interested in how you can use fire to protect the biodiversity of your land?

If so, please join us for your local Eco Burn Education workshop.

These workshops are targeted at rural landholders who have property that has remnant/native vegetation on it. The aims of the workshops are to teach landholders about:

- the role of fire in our landscape
- fire behaviour
- how plants and vegetation communities respond to fire
- fire regimes
- different types of burns; cultural, ecological and hazard reduction
- fire management planning.

For more information or to sign up to a workshop near you click here: <https://www.eventbrite.com/cc/eco-burn-education-program-1090152> or scan the QR code below, or contact Olivia Eglin on mc2t.fire@gmail.com.



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



Resilience
NSW



Mid Coast 2 Tops
Landcare
Connection



Bunyah's date 17/2/2023

Here is the link for this workshop:

<https://www.eventbrite.com.au/e/eco-burn-education-workshop-wang-wauk-bucca-wauka-and-bunyah-tickets-425515788177>

Olivia Eglin (B. Environment)

Fire Ecology Education Project Officer | MidCoast 2 Tops Landcare

M: 0437 883 995 | E: mc2t.fire@gmail.com | W: <https://www.midcoast2tops.org.au/>

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NABIAAC VILLAGE FUTURES GROUP

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

Community Meeting - NEW DATE

The community consultation will now be held on:

Thursday 23rd February at 6pm
at the Showground Hall.

We invite and encourage all members of our community who are interested in our Village's Future to attend.

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com



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

NVFG Next Meeting:
Wednesday 1st
February, 7pm at the
Neighbourhood Centre

NABIAC SECOND CHANCE OPPORTUNITY SHOP

37 NABIAC STREET, NABIAC

Phone: 6554 1876

Opening Hours 9.00am to 12.00pm Monday to Saturday

Good news The Op Shop and Shed will no longer be closed on the first Wednesday of the month.

We are now open Mon to Sat every week from now on between 9.00am to 12.00pm.

Donations

A friendly reminder The Op Shop and Shed can no longer accept Electrical, Toys and Mechanical. Please see list below of all the item NABIAC OP Shop is unable to accept as Donations or resell due to Health reasons and changes in our Public Liability Insurance Policy.

Unsaleable Items at NABIAC Op Shop

1. All Toys including stuffed soft toys.
2. All Electrical
3. All Mechanical Equipment: Anything that is operated by a compressor or Motor. Such as Mowers, Whipper Snippers, Power Tools.
4. Gas BBQ, gas heaters or anything that requires gas to be connected whether it be bottle or natural gas.
5. Children's books with batteries.
6. Babies toys: Rattles etc.
7. Skate Boards, Skates, Roller Blades.
8. All ride on child bikes, Trikes and scooters.
9. All Push Bikes. No exceptions.
10. Children's swing set's and all children's play equipment.
11. Jig Saw Puzzles under 500 Pieces.
12. All water floatation devices including Life Jackets and inflatable devices.
13. All Computers: Monitors, Keyboards, Laptops.
14. Second hand Baby Seats, Baby Capsules and Children's Booster Seats for cars.
15. Cots, Bassinets, portable cots.
16. All beds.
17. All mattresses.
18. Inflatable mattresses with power cord.
19. Baby bottles unless in packaging.
20. Prams, Strollers and high chairs.
21. All Pillows.
22. VHS videos.
23. Second hand stack hats and motor bike helmets.
24. Drink bottles: USED
25. Bean bags with beans inside and bean bag covers.
26. Knives or dangerous instruments.



Your donations are very much appreciated.

If you are unsure please call on 6554 1876 and speak to one of our friendly volunteers.

Just put a copy of the list on your fridge so you can refer to it when donating.

Thankyou in advance for your donations and co-operation.

NABIAC Second Chance Op Shop and Shed.

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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" - February - March, 1947

KARKATT SHOW: The second annual show of the Karkatt Junior Farmers Club was staged on the 27th February under ideal conditions. The recent rains, though very beneficial, came too late to effect much quality in the vegetables and farm produce and despite the unfavourable season the standard displayed was excellent, an indication of the progress of this club is to be found in the greatly increased numbers and quality of the exhibits. The President, Mr Paff, and the secretary, Mr P Naughton, are to be congratulated on the outstanding success of the Junior Farmer movement in the locality. Behind them too is the whole hearted support of the capable men and women of the advisory committee. Also other clubs beside Karkatt exhibiting were Bucca Wauka, Cocumbark and Darawank. As in the present show the support and competition from this club is very strong. It is hoped that in the future shows and other clubs on the Wallamba River will avail themselves of the opportunity to compete. The show was officially opened by Mr R. L. Fitzgerald, the M I A member who commented most favourably on the good work done by the juniors and warmly praised the tireless energy of the organising secretary, Mr Naughton, who had shown himself to be not only a teacher's best friend and guide to the boys and girls, Mr Fitzgerald remarked, he was very pleased to say that the Jersey calf he had presented to the club when he attended the show last year had grown into such a fine animal and reflected great credit on Jordon Godbolt who had reared it. It will be noted in the results which follow that the animal won the coveted ribbons for champion, for champion male and champion Jersey of the show. Mr J.E. Hammond, president of the Manning River A & H Association who judged the R I S Section, said that he was most pleased with the high standard reached and complemented the boys and girls on the success of their shows, emphasised his willingness to assist the Junior Farmer Movement in any way he could for undoubtedly it was proving to be valuable education for girls and boys destined for the land. Mr E D Greghon, Secretary of the Manning River A & H Society, stressed the value of the Junior Farmers movement in a community and extended a cordial invitation to the Juniors to exhibit at the forthcoming show saying that an attractive schedule had been prepared in the Junior Farmer Section. Mr W. Digby, President of the Wallamba District Council of the club, stressed the value of teachers in the movement and thanked Mr Naughton for the hard work he had put into it since coming to the district. The district

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supervisor, Mr J.R. Paulette congratulated the juniors on their wonderful display and emphasised the advantages of the club show over combined shows as the former were more educational and individual in their characters. He asked all the juniors to give their support to the A & H Show and regard such as the duty of conscientious Junior Farmers. Appealing to the boys and girls to study their project work carefully he promised more regular full days with greater attractions and wider judging opportunities now that the war was over. With the lifting of many wartime restrictions he hoped to be able to give much more detailed supervision to individual projects.

NABIAC PROGRESS ASSOCIATION: MARCH, 1947: The usual monthly meeting of the Nabcac Progress Association was held in the School of Arts on the 17th February with a good attendance of members. Mr Young occupied the chair. The President of the Manning shire, Mr H.E. Milligan, was a visitor and the chairman extended to him a hearty welcome. Mr Milligan answered many questions and said that the shire hoped to complete the metalling of the footpath from the Post Office to the showground before the annual show to be held on 23rd & 24th April next and also that the bridge over Nabcac Creek would be commenced at an early date..

Members discussed at length the necessity of securing the services of a doctor as Dr McCredie was giving up his practice owing to ill health and the Secretary was instructed to write to the Federal and State members of the district, also the minister of Health, to acquaint the authorities with the position endeavouring to enlist their aid. Nabcac has had a resident Doctor for nearly 40 years and great concern is felt for the residents at the loss of Dr McCredie

A motion was carried instructing the Secretary to write to the municipal council pointing out the urgent need for public conveniences in the town of Taree in lieu (sic) of the great number of country residents to the centre. It is thought with nearly 20 country buses coming to Taree daily the council should be willing to provide the service for the people who support the town.

The long delay in trunk line services from certain officers was brought up for discussion and the Shire Office is to be contacted in regards to the matter.

The secretary was also asked to writ to the Shire regarding the sanatory service pointing out several matters which needed attention.

A working bee was arrange to assist the Park Trustees in the erection of conveniences on the Recreation Reserve. A vote of thanks to Mr Milligan was carried and the meeting closed



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OUR EXPERIENCE  YOUR IMAGINATION

REAL KULTCHA

Wow, it's 2023 and I can recall a time when I thought 2000 was an age away and we'd probably never get there! I guess I should do a quick recap on 2022 - - - nah, now I think about it let's not: both my football teams played like lame ducks, my son's AFL team won the flag (and he hasn't let me or his brother-in-law forget it), several of the sporting heroes of my youth passed away and there's been so much rain I'm seriously thinking of buying a boat!

Still, *The Galahs* (in complete contrast to the name I gave them) have got their act together and are looking good for their tour of India and the Test series in England. What has also been an eye opener is the standard of play of *The Southern Stars*. Yeh, yeh, I know, they've been given a new "official" name that's in keeping with the blah, blah, blah, blah. I however, like the name *The Southern Stars* and will continue to use it. They took the Pakistani team apart in no uncertain fashion over the last couple of weeks in an ODI series. The debutant Phoebe Litchfield made everybody sit up and take notice. In her first two innings she scored 67 and 78 and both times were Not Out. In her third innings she only managed 9 but that means she now has an average! Other players stood up in the third game though and set the Pakistani team 336 and they fell short by just over 100 runs. Our team is looking good for the Twenty20 World Cup in South Africa next month. To show the depth of the talent we currently have Phoebe hasn't been selected in the squad! Her turn will come.

The Australian Open (that's tennis for you folk who are mentally coasting) has begun and already there have been several surprises. Novak of course, is back but at the time of writing he seems to have thrown a fetlock and has a leg heavily strapped. Is it an injury or is he foxing? After a build up to almost match the Oscars, Nick Kyrgios pulled out with a gammy knee and as I write this he's supposed to be back in Canberra undergoing an operation. Rafael Nadal was looking good (though he'd had a *Barry Croker* in Adelaide) before he did something to his hip and he was also out. Daniil Medvedev (the 7th seed) made it into the third round before he too was shown the exit. There's been a lot mumbling about the balls they're using this year and I wonder if it might just be some players looking for an excuse. It didn't seem to worry Andy Murray or Thanasi Kokkinakis who began their game around 10:30 pm and didn't walk off the court until around 4:00am! That of course, lead to a raft of comments from folk you've never heard of but the bottom line was tennis is probably the only game now played that has no time limit on it That's the way it was,

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the way it is and hopefully will remain. Nobody knew the two would slug it out as they did and I suppose it could be said it drained Murray because he lost his next game. But that's professional tennis and if you're a bit old (as Murray is) then them's the breaks: that's tennis - love it or leave it! At the time I write this our Alex de Minaur and Alexei Popyrin are looking good.

The big news for the last few weeks however, has been Eddie Jones. *Eddie who?* I hear you mumble. Really, you folk have got to get out more. Eddie Jones was born in Tasmania but he played Rugby in Sydney for Randwick for many years then turned to coaching. To cut a very long story short, he was our (*The Wallabies*) coach from 2001 - 2005. This stint began well but after several losses in 2005 the front office of Rugby Australia went to water and they sacked him. Then followed some time with the Queensland Reds, a time in South Africa, some time in Japan (where he was very successful) and then signed a contract to become the coach of the English Rugby team in 2015. This began another very successful stint and his contract was extended twice until several defeats had that front office looking too many times at the newspaper headlines than any reality and Eddie was shown the door - again. There are a few comments floating around now that the English nabobs were too hasty in getting rid of him and in doing so, they didn't protect themselves. i.e. they just showed him the door with no bans on who he might then sign with as a coach. Meanwhile back here in Oz, *The Wallabies* coach Dave Rennie was trying to talk up his record (which wasn't good) looking to extend his contract beyond the 2023 World Cup. There had already been some secret negotiations with Jones and when the English let him go Rugby Australia chairman Hamish McLennan swooped, Rennie was out and Eddie begins his second stint as *The Wallabies* coach, 22 years after he was first appointed. It might be a little different this time, as he's also been tasked to oversee the state of the game in Oz. Time will tell however, how this incarnation will go and how long.

Talk at you again next month,

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Information sourced from Benchmark Feeds:
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Our local **Grey Ghost** have been walk about again.

Had a quick trip to Tamworth via Thunderbolts Way. Usually we travel via Port Stephens Cutting, NW of Nowendoc which has 5kms of narrow steep road over the Range with few guard rails, one can't see the bottom, and one lane in places. The child bride is becoming less keen to do this section, particularly with a van so we went via Walcha, very scenic and no steep stuff.

Reason? To check on a friend who is not well. Trifle depressing but a great two days here. Why not go a bit further? OK, so onto Goondiwindi, but first call in at the very impressive Myall Creek Massacre (June 10th, 1838) Memorial on the Bingara Delungra Road. Best toilets probably in NSW. A shameful period however, in our history and worth checking out on the net.

Bingara for lunch and was approached by a local who is part of the community who, with the Gwydir Shire have restored the 1938 ROXY Art Deco picture theatre. She gave us a quick tour. Still show movies. (Look at it on the net). It has been developed so as to hold public functions. Worth a visit and a valuable asset to the village.

And so to Goondi, on the McIntyre River which is the border between Qld & NSW. All our devices lost an hour immediately crossing the border.. To old folks, Goondiwindi is perhaps best known as the home of Gunsynd or the Goondiwindi Grey, a very fine race horse who was a major star in the mid 60's. Other things here, 6,000+ population and several cotton farms nearby. Camp at the very large Showground and chill out for a couple of days.

Very heavy truck traffic in these areas as the harvest has finished and grain going all over. Farmers are at work working up the next crop. Several kms of sorghum ready to harvest. Used for human consumption and animal feed. Leaving Goondi we have coffee at North Star. About 50 folks live here plus construction workers working on the massive Inland Rail Project. This will connect the three eastern states for fast freight. Parkes in the central west has become the centre for the freight distribution. Freight to & from Sydney can only travel single deck because of the tunnels under the Range. However, once at Parkes everything can be double decked in



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all directions, SA & Darwin, WA, Vic and Qld. A massive project at Parkes has perhaps 100 acres set aside for the infrastructure required.

Next village is Croppa Creek with about 120 population and also in the upgrade. New rail crossings and line upgrades. Had read about several of these small north western towns. Staying south and leave the railway as it travels west to Moree, past Pallamallawa Homestead, crops to the horizon flat as, no hills, through Terry Hie Hie, two houses, and meet the Newell Hwy at Bellata, trifle smaller than Nabiac BUT has a golf Club. Overnight at Gunnedah and drop some stuff with Margaret's cousin.

Two nights at Lake Liddell Recreation complex. This overlooks the power station, no shortage of power here, place is lit up like a Christmas tree. Very relaxing. Onto Murrurundi and home via Hexham. Overall a good trip, roads in places are not good, weather is dry and need rain but several centres have suffered flooding due to the swollen rivers from Qld rain. I love a sunburnt country ,etc.

I keep saying I must compile their travels into a folder—would make an interesting Travel Guide for folks who want to explore the outback areas and they also tell you where it is best to stay. Just love the names of some of the towns! Makes it so easy

Ed.

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Welcome to Deb's Gardening,



I hope everyone has enjoyed their Christmas break and got to spend lots of time with family; I, myself, have had the grandchildren for a few weeks and loved having them, they bring me a lot of joy and laughter but near the end of their time I was counting down the days to handing them back. The youngest of my granddaughters loves helping me in the kitchen creating meals, cooking and picking veggies from the garden. The other granddaughter is more an indoor girl, loves arts and craft and not keen on cooking or the veggie garden. How different they both are.

I wasn't expecting the summer that we have been having; I was prepared for a wet one. Instead it's been dryer than expected and cool. At least I haven't had to mow the lawn too often. The irrigation system had to get a good clean out and flushed, and new drippers replaced. My other half even went to the extent and bought large poly pipe and set up a new irrigation system to water the lawn and the front side of the house. The house backs on to our neighbour's timber plantation with thick undergrowth, it wouldn't take much for it to catch on fire and burn our house down; a good investment I thought.

The vegetable garden is supplying me with all my salad ingredients and I am picking plenty of tomatoes. I am picking Tigerella (a small round variety), Mortgage Lifter (beefsteak variety), Nonna Italian Roma and Cherry Roma. In my past life when I had my hydroponic farm and grew tomatoes commercially in hot houses, the only variety I grew was called Petula. They were an indeterminate F1 variety which meant that they continually grew; when I had good season the plants would last nearly a year and by the end of the crop they were over 5 metres in length. I also grew Petula for their flavour; I tried many varieties and found Petula to be the best in flavour and taste.

Commercial crop tomato seeds are developed by plant breeders and are known as F1 hybrids - they are bred to resist verticillium, Fusarium wilt and Root knot nematodes. Apollo is an F1 variety that is sold in nurseries and commonly used by gardeners which I grew last year in the veggie patch; they do grow a good flavoured tomato, with abundance of fruit but I am sticking to Heirloom varieties this year. Mainly because they are organic, true to type and I can save the seeds to a particular variety. The meaning "heirloom" or "heritage" just means they are an old variety, but also that they have not been genetically modified. When it comes to F1 varieties, the seeds cannot be saved as they revert back to one of their parents meaning you aren't guaranteed to have good fruit. I have tomatoes plants germinating all over the garden from last year's Apollo seeds and who knows what tomato type they are. I have left a few to do their thing but I am not expecting anything great.

Another reason that I plant heirloom variety seeds is the zucchini crop that was planted last year, along with a Richmond green cucumber. I left a few on the vine to ripen, threw the finished crops, leaves and vines and the ripe fruit into the next bed along with, cow manure, blood and bone let it all break down and do its thing. This season, up came the germinated seeds true to form Zucchini and Richmond green cucumbers. I thinned out the seedlings and now have an abundant supply of produce. Many of the zucchinis grew too big as I couldn't keep up so I made a delicious zucchini and carrot cake - and supplied the family with excess, another perk to growing your own veggies.

Until next time

Keep smiling because life is a beautiful thing and there's so much to smile about.

Deb

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Today was the first market day for 2023 and it was a good one! Hot, sunny weather saw people seeking shade, sitting, sipping cool drinks & food, and enjoying listening to the music in between rounds of shopping.

There was a great atmosphere, with people, pooches, produce, wares, plus music with a relaxed vibe. We had an abundance of high-quality local produce, with a new stall produce holder joining the market today from "Paperbach Farm". It was wonderful to see people filling baskets with pumpkins, zucchinis, cucumbers, summer fruits, ginger, and leafy greens.

Susie's Bangalow palm weaving workshop was a big success, with another workshop booked for the February market.

Comboyne cheese have re-branded and were at the market with a range of delicious cheeses under the new name "Barrington Creamery".

Thank you to everyone involved, for providing quality goods, and shopping local.

Here's a few pics from today...



Petra's homemade gingerbread- a local fave.



Fresh garlic products from Mountain Harvest are healthy and delicious. They also stock a good range of chutneys and jams, including rhubarb and peach.



Delicious, organic macadamias from Hand & Hoe; nut butters, whole nuts, roasted, oil and more. Many health benefits too.

A fine range of beautiful textiles from Wingham Spinners.



Hand-made soaps from "The Wash Collective". Only natural fragrances used in their products.

A fabulous range of fresh, healthy produce meant lots of boxes and brimming baskets at the market today.



"My House on Wheels" captured the imagination of market goers. Hand built, using various upcycled materials.

Next market: 25th February.

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

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

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

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

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

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Laura Pennington

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The Natural Space. Holistic Nutrition & Wellness coaching – Laura Pennington.
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Hello everyone,

I love this summery stormy weather, which brings nitrogen to the soil. How has the summer been for you so far? Did you become overwhelmed with food choices? Or face the challenge of catering for many different tastes?

We had a fantastic Christmas, with loads of family time. There's a variety of diets and allergies in our family, so we kept everything simple. Christmas day fare included: Lamb (with plenty of fresh Rosemary), marinated chicken, prawns, quinoa bean salad, plenty of greens with a range of delicious dressings and trays of baked root vegetables. Lots of fresh fruit too.

One of Petra's gingerbread houses was demolished!

It's the first NABIAC Farmers Market for 2023 tomorrow (as I write this) so I'm keen to shop early for fresh produce, honey, plants, and some gifts. I also love the delicious garlic products, and cheeses too.

Unlock the keys to happiness.

Have you heard that Serotonin helps you to be happy? Serotonin is a hormone that the body makes, which helps regulate mood. To make serotonin, we need tryptophan, which is an amino acid our bodies use to make proteins.

Tryptophan:

- This essential amino acid plays a key role in our bodies, involved with: happiness, digestion & sleep.
- Tryptophan is essential for making Serotonin & Melatonin.
- Serotonin's roles include; modulating mood, sleep, and digestion.
- Melatonin (sleep hormone) also requires tryptophan for production.
- Studies show that some people with depression, or family history of depression, have low levels of serotonin and may lack tryptophan.
- Tryptophan is present in many foods, but it may not be absorbed properly into the body (more below).
- A significant amount of our serotonin is stored along the gut lining, so building gut health is important.
- It makes sense that many people with depression or anxiety, also have digestive or gut health challenges too.

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Tryptophan power foods:

Rich food sources of Tryptophan (in approximate order):



- MILK
- TUNA/SALMON
- CHICKEN
- BLACK BEANS
- OATS
- EGGS

My daughter sent me this pic-salmon with dukkah & baby spinach)

- SPINACH
- BANANAS, APPLES, PRUNES
- NUTRITIONAL YEAST
- NUTS & SEEDS
- DARK LEAFY GREENS



Tryptophan can be found in many everyday foods.

Nuts, seeds, leafy greens, chicken, and eggs are all good sources. Some people may have low levels of tryptophan in their bodies, possibly due to issues with absorption or diet deficiency.

NabiAc pub has a tasty, healthy salmon with a beautiful salad, on the menu.

Absorption of tryptophan can be affected by the following:



- alcohol
- sugar
- lack of other nutrients
- diabetes
- lack of exercise

Exercise is key in regulating levels of tryptophan and serotonin.

So, if you'd like to boost your mood, sleep, and digestion, eat a healthy diet, exercise, and avoid sugar and alcohol. Be realistic, every tiny change is a great start. As you gradually build small new habit, you'll feel empowered to add more and more healthier habits. You can do it!

Holistic Nutrition means eating good quality food, for a healthier, happier you. A balanced diet, with plentiful vegetables to nourish your body. No Fads, just real food.

It is simply eating whole, fresh, real food and using food as (part of) your medicine. Holistic nutrition also teaches how to reduce toxins which may be reducing your body's ability to function optimally.

I hope you enjoy reading these "health bites". Questions and messages welcome.

Laura Pennington – The Natural Space.

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An interesting article for some of you oldies who enjoyed life in the 60's & 70's and remember that oldie "I DID IT MY WAY"

While singer-songwriter legend **Paul Anka** has left a long trail of hits over his 60-year career, he admits that early on, he was terrified to pen a tune for **Frank Sinatra**. "He'd always tease me, 'Hey kid, when are you going to write me a song?'" Anka remembers. "But I couldn't. I was scared to death. I was writing all this teen stuff."

Of course, there are few music lovers today who aren't familiar with the poignant ballad Anka eventually crafted for Sinatra, "My Way." Some dub it the most powerful of Anka's many earworms, which also include classics like "Puppy Love," "Put Your Head on My Shoulder" and even Johnny Carson's theme song for "The Tonight Show."

Anka didn't think twice 55 years ago when Sinatra called him out of the blue and declared, "kid, we're going to dinner."

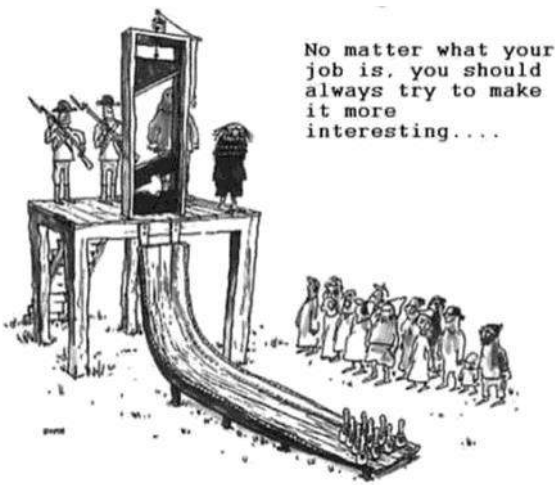
"When Sinatra says 'we're going to dinner, you drop everything and you go to dinner,'" recalls Paul, who as a budding Vegas headliner in the 1960s had a friendly tie with the Rat Pack. During the meal, Sinatra dropped a stunning surprise: He was about to quit showbiz. "He said, 'I've had it. I'm fed up. But I'm doing one more album,'" Anka remembers. "He said, 'and you never wrote me that song.'"

Anka felt the pressure. Still reeling over the news at 1 a.m. in his apartment, he found himself toying with lyrics to a melody he had heard in France. "I thought, 'What would Frank do with this melody if he were a writer?'" Anka says. "And all of a sudden, it just came to me: 'And now the end is near, and so I face the final curtain.'"

He finished the song at 5 a.m. and called Sinatra on the spot, promising him a song for his final album. "I knew I had something I wouldn't be afraid to give him," Anka says. The next day, he recorded a demo of the song and flew to Las Vegas, where Sinatra lived. "I played him the song and he looked at me and said, 'I'm doing it.'"

Two months later, Sinatra called Anka again. This time, with better news. "He says, 'kid, listen to this,' and puts the phone up to the speaker," Anka remembers. "I heard 'My Way' playing for the first time, and I started to cry."

Paul Anka never knew what a legacy he had created when, at the request of Ol' Blue Eyes, he wrote this song for Frank's (presumed) retirement. Frank Sinatra had a mega smash hit with it, followed by the Three Tenors, Pavarotti and numerous other big stars who covered the song over the years.



"TELL ME THE STORY OF HOW YOU RESCUED ME AGAIN!":..♡



Pre internet chat room using an old version of windows



So the game is a simple one. With the cat clutched in your arms, you fire the gun, and see how long you can hold onto the cat. The world record is 13 seconds. I'd like to see what the shooters body looked like after!



Apparently you can reheat pizza by turning your toaster on its



Mrs. Donovan was walking down O’Connell Street in Dublin when she met up with Father Flaherty.

The Father said, ‘Top o’ the mornin’ To ye! Aren’t ye Mrs. Donovan And didn’t I marry ye and yer Hoosband two years ago?’

She replied, ‘Aye, that ye did, Father.’

The Father asked, ‘And be there Any wee little ones yet?’

She replied, ‘No, not yet, Father.’

The Father said, ‘Well now, I’m going to Rome next week and I’ll light a fertility candle for ye and yer hoosband.’

She replied, ‘Oh, thank ye, Father...’ They then parted ways..

Some years later they met again.

The Father asked, ‘Well now, Mrs. Donovan, how are ye these days?’

She replied, ‘Oh, very well, Father!’

The Father asked, ‘And tell me , Have ye any wee ones yet?’

She replied, ‘Oh yes, Father!

Two sets of twins and six singles, Ten in all!’

The Father said, ‘That’s wonderful!

And how is yer loving hoosband doing?’

She replied, ‘E’s gone to Rome to blow out yer %*&\$#@ candle!!!

Paddy says to Mick, “I’m getting circumcised tomorrow.”

Mick says, “I had that done when I was a few days old.”

Paddy asks, “Does it hurt?”

Mick says, “Well, I couldn’t walk for about a year.”

Dav and Jim were a couple of drinking buddies who worked as aircraft mechanics in Heathrow Airport.

One day the airport was fogged in and they were stuck in the hangar with nothing to do

Dave said, 'Man, I wish we had something to drink!'

Jim says, 'Me too. I've heard you can drink jet fuel and get a buzz.

You wanna try it?'

So they pour themselves a couple of glasses of high octane booze and get completely smashed.

The next morning Dave wakes up and is surprised at how good he feels. In fact he feels GREAT! NO hangover! NO bad side effects.

Nothing!

Then the phone rings. It's Jim. Jim says, 'Hey, how do you feel this morning?'

Dave says, 'I feel great, how about you?'

Jim says, 'I feel great, too. You don't have a hangover?'

Dave says, 'No that jet fuel is great stuff -- no hangover, nothing. We ought to do this more often.'

'Yeah, well there's just one thing.'

'What's that?'

'Have you farted yet?'

'No.'

'Well, **DON'T** - cause I'm in Athens

Puns galore.....

What do Alexander the Great and Winnie the Pooh have in common? The same middle name.

What is the opposite of a croissant? A happy uncle.

If April showers bring May flowers, what do May flowers bring? Pilgrims.

Which branch of the military accepts toddlers? The infantry.

Did you know you can actually listen to the blood in your veins? You just have to listen varicosity.

What's the opposite of irony? Wrinkly.

I finally decided to sell my vacuum cleaner. All it was doing was gathering dust!

When you die, what part of the body dies last? The pupils...they dilate.

A friend of mine went bald years ago, but still carries around an old comb. He just can't part with it.

You know there's no official training for trash collectors? They just pick things up as they go along.

What do you call a woman who sets fire to all her bills? Bernadette.

Never criticize someone until you have walked a mile in their shoes.

That way, when you criticize them, you'll be a mile away, and wearing their shoes.

Lyn's Larder

We are going to try some Moroccan recipes from the Salama restaurant which used to be in Balmain circa 1972. First one is a Chicken Tajine

CHICKEN WITH PRUNES & HONEY

INGREDIENTS

2 kg Drumsticks
 400 g Onions
 200 g Butter
 1 tsp Salt
 1 tsp Ginger
 1 tsp Coriander
 1 tsp Black Pepper
 1 dsp Turmeric
 1 dsp Cinnamon
 500 g Prunes
 150 g Blanched Almonds
 1 tbsp Sesame seeds
 ½ cup Honey
 1½ cups Water
 Oil for frying the almonds

METHOD

Put the chicken in a heavy bottomed saucepan with finely chopped onions, salt, pepper, ginger, coriander, turmeric, butter and water.

Cover and cook over medium heat, stirring occasionally until almost cooked (¾ hour)

Add prunes, honey and cinnamon

Cook another 15 minutes.

Remove chicken (keep warm) and boil down the sauce until syrupy.

Meanwhile, fry the almonds in hot oil until golden.

Drain and keep warm.

Grill the sesame seeds until golden in a dry frying pan or dry roast in the oven.

Serve the chicken with the prunes and sauce poured over it

Decorate with almonds and sprinkle with sesame seeds.

Serve with rice.

Sound a bit mouth watering??? Want to finish off with a sweet dessert?

KHOSHAF

INGREDIENTS

150 g Seeded Raisins
 70 g Currants
 80 g Sultanas
 90 g Dried Apricots
 90 g Prunes
 50 g Blanched Almonds
 40 g Walnut pieces
 2 tbsp Sugar
 1 ltr Water
 1/3 cup Orange Blossom Water

METHOD

Bring the water and sugar to the boil. Add the fruit and bring to the boil again.

Simmer a few minutes, then add the orange blossom water and the nuts and remove from the heat.

Chill.

Serve with cream poured over it.

Or make the syrup, add the orange blossom water, fruit and nuts and marinate for at least 2 days.

Sex after surgery

A recent article in the Daily Post reported that a man, Dave Harper, has sued St Paul’s Hospital, saying that after his wife had surgery there, she lost all interest in sex.

The hospital spokesman replied;

“Mrs Harper was admitted for cataract surgery. All we did was correct her eyesight.”

I asked my grandpa, “After 65 years, you still can grandma darling, beautiful and honey. What’s the secret?”

He said, “I forgot her name 5 years ago and I’m scared to ask her.”

I asked my wife if I was the only one she’d been with.

She said yes, all the others had been nines and tens.

NSW GOVERNMENT GRANTS GIVE VETERANS PROJECTS A BOOST

Minister for Transport, Veterans and Western Sydney David Elliott and Member for Myall Lakes Stephen Bromhead have announced Wingham RSL Sub-Branch will receive \$3,000 from the latest round of the Anzac Community Grants Program.

More than \$104,000 will be provided to a range of projects that commemorate and educate NSW communities about the service and sacrifices of current and former military servicemen and service-women," Mr Elliott said

"These great projects and initiatives, including Wingham RSL Sub-Branch's Wingham Memorial centenary time capsule project which will allow the Sub-Branch to excavate the time capsule which was place in the wall of the Wingham Memorial Hall in 1922. The information inside the original capsule is anticipated to be placed on show at the Wingham Memorial Town Hall. New material will be placed in a new time capsule and will be retained in the wall of the Wingham Town Hall for a further 100 years.

SURF CLUB GRANTS

Member for Myall Lakes Stephen Bromhead and Myall Lakes Nationals Candidate Tanya Thompson have announced two surf clubs in the Myall Lakes will share in more than \$710,000 to upgrade and improve their facilities through the NSW Liberal and Nationals Government's Surf Club Facility Program.

Minister for Emergency Services and Resilience Steph Cooke visited Pacific Palms Surf Life Saving Club with candidate Tanya Thompson to meet with members of both the Pacific Palms and Forster Surf Life Saving Clubs to present the funding cheques.

"Surf clubs are at the heart of coastal communities and the NSW Liberal and Nationals Government is investing in them to ensure they remain an integral part of communities on the Mid North Coast," Minister Cooke said.

"This program will deliver a range of game-changing projects for surf clubs that will result in improved facilities, increased participation in sport and recreation activities and general uplifts in usage to ensure overall community benefit."

FORSTER FISHOS REJOICE AS ARTIFICIAL REEF DREAM EDGES CLOSER

Recreational fishers will soon be able to enjoy a new offshore artificial reef (OAR) in Forster, with the final design confirmed and the contractor locked in.

Member for Myall Lakes, Stephen Bromhead has welcomed the NSW Government's \$1 million investment to build the purpose-built structure that is placed on the sea floor.

"I want to congratulate Australian-based company SMC Marine that has been selected for the design, fabrication, transport and installation of the reef which is due to be completed later this year.

"The Forster Offshore Artificial Reef will be a stunning drawcard for locals and tourists to the region, increasing fishing opportunities for keen anglers," Mr Bromhead said.

"The man-made reefs create the perfect marine environment and attract a range of fish species in a few short years including Kingfish, Mulloway and Snapper."

The design of the reef comprises of two steel towers each weighing around 50 tonnes, standing 12 metres high and 15 x 15 metres wide.

The use of innovative and state of the art reef designs helps to deflect currents and create eddies and upwellings to provide intricate habitats for a variety of fish species.

A location has been chosen approximately 4 km east-north-east of

Wallis Lake entrance, at a depth of about 35 metres.

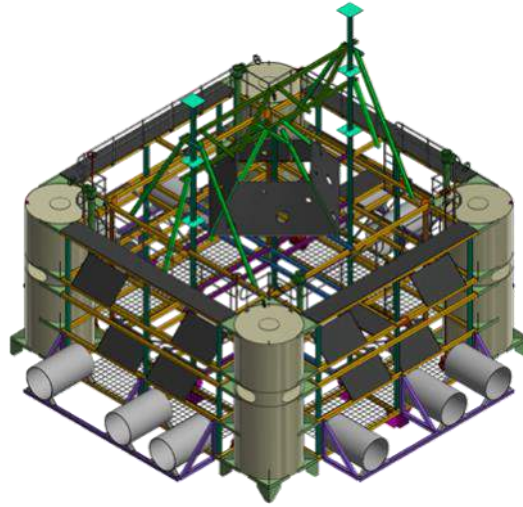
Phil Gogerly, Reel Ocean Adventures fishing charter operator, said the reef will be a welcome addition to the local community.

"This new OAR for Forster is fantastic news and is another great example of NSW fishing fees at work," Mr Gogerly said.

Shane Chalker, local Forster fisher also expressed his excitement.

"The NSW Government's OAR program has proven success, and

many fishos can't wait to take a trip up here once installation is complete later this year," Mr Chalker said. DPI is currently awaiting final Commonwealth approvals before fabrication of the reef commences.



Looks fascination. Ed.

FUNDING FOR GATHANG ART AND CULTURAL CENTRE PLAN

Minister for the Arts and Aboriginal Affairs Ben Franklin today announced funding of \$287,500 for MidCoast Council to undertake a feasibility Study and Master Plan for the development of a Gathang Art and Cultural Centre.

Member for Myall Lakes Stephen Bromhead said the funding will enable MidCoast Council to engage experts to investigate new project ideas and assist with funding applications.

"The new centre will house the Manning Regional Gallery and the Gathang Cultural Centre with dedicated spaces for each business unit, and shared spaces such as Ceremony event space and outdoor spaces, a collection management zones and office spaces," Mr Bromhead said.

"I am thrilled the Liberal and Nationals Government is supporting this project that will help council make their plans a reality while delivering real benefits for Taree and the wider community."

Minister Franklin said this new Art and Cultural centre will be immersed in local Aboriginal culture and will allow connection to the broader communities in the Myall Lakes region.

"This centre will be a regional museum of the future, embracing and employing Indigenous governance principles to create a creative, sustainable, innovative, and nurturing space for our community and visitors," Mr Franklin said.

MidCoast Council Mayor Claire Pontin said this is a welcomed investment by the NSW Government.

"Arts and culture are very important to MidCoast Council and we are very pleased to be able to progress this exciting initiative," Mayor Pontin said.

This funding was thanks to the NSW Government's Business Case and Strategy Development Fund which is part of the \$3.3 billion Regional Growth Fund and will help create a pipeline of investment-ready projects for future funding opportunities

MYALL LAKES WELCOMES NEW INTAKE OF JUNIOR DOCTORS

Member for Myall Lakes Stephen Bromhead has welcomed the announcement of 11 medical graduate interns for the Manning Base Hospital.

Mr Bromhead said that a record intake of almost 1,100 medical graduate interns will start work in NSW public hospitals this week – more than any other state or territory in Australia.

“I want to extend a warm welcome to the class of 2023 and thank them for choosing a rewarding career in health. Each of these new starters will play an important role in keeping the people of Myall Lakes safe and healthy for years to come,” Mr Bromhead said.

“These new medical graduate interns will also provide a major boost to their new colleagues – our dedicated health staff in Myall Lakes who have performed remarkably during a very challenging few years.”

Minister Taylor said the new medical graduates will be welcomed with open arms to our rural and regional communities, with almost one third or 396 of the positions in the bush.

“The NSW Nationals and Liberals in Government are committed to strengthening our regional health workforce and ensuring the people of rural and regional NSW continue to have access to the high quality healthcare they need and deserve,” Mrs Taylor said.

“Interns seeking to complete their internship in our regions were able to apply through the Rural Preferential Recruitment pathway and, this year, 176 Rural Preferential intern positions were available – an increase of 13 positions from 2022.”

Interns are medical graduates who have completed their medical degree and are required to complete a supervised year of practice in order to become independent practitioners. The new doctors starting their internship will be entering a training program with networked hospitals throughout the state, providing formal and on the job training.

They receive two-year contracts to rotate between metropolitan, regional and rural hospitals to ensure the diversity of their experience. They also rotate across different specialties during the intern year, including surgery, medicine and emergency medicine.

The NSW Government is investing a record \$33 billion in health as part of the 2022 - 23 NSW Budget. The NSW Government has also announced the largest workforce boost in the nation’s history with a \$4.5 billion investment over four years for 10,148 full-time equivalent (FTE) staff to hospitals and health services across NSW.



Wildlife we love

During December, MidCoast Council’s Natural Systems team invited the community to vote on their favourite local animals for a new and exciting project, *Wildlife We Love*.

Wildlife We Love launched on Council’s Facebook and Instagram pages. The community was asked to vote for their favourite animals from five different categories: mammals, birds, reptiles, fish and frogs.

Knowing what species are special to the community will assist Council to better support the incredible biodiversity of the region.

Based on current knowledge, the MidCoast region is home to 548 unique animal species. Our diverse habitats include rainforests, wetlands, heathlands and estuaries. These environments reach from the hinterland of the Barrington Tops to the coast, including the Myall Lakes National Park.

With close to 100 votes, the winners of the inaugural *Wildlife We Love* species are: the **Koala, Manning River Turtle, Green Tree Frog, Azure Kingfisher and Yellowfin Bream**.

The community votes, together with scientists’ input will help to develop an education campaign on a range of selected species.

The campaign will include workshops, activities and resources showing how you can help protect the animals of our region. There will also be opportunities to get involved in citizen science and active conservation projects.

You can keep up-to-date with the project at: <https://haveyoursay.midcoast.nsw.gov.au/wildlife-we-love>

LOCALS WANT ACTION ON FORSTER-TUNCURRY BRIDGE PROJECT

The Forster-Tuncurry and Great Lakes community has made it very clear that work must begin as soon as possible on addressing traffic congestion either side of the bridge connecting Forster and Tuncurry.

Federal Member for Lyne Dr David Gillespie said his recent Vision 2030 Plan survey of the electorate revealed several key priority projects for the region.

“In this area, the number one project highlighted by the community was the construction of a new four-lane bridge between Forster and Tuncurry in conjunction with other smaller road projects either side of the current bridge to improve traffic flow,” Dr Gillespie said.

“This is a project of such regional significance that the NSW Government will need support from the Federal Government to undertake construction of the bridge.

“I understand Transport for NSW has been undertaking investigations in consultation with MidCoast Council and several immediate options have been identified to improve the local road network so that traffic congestion can be eased.”

Dr Gillespie said he would both meet with and formally write to the Federal Minister for Infrastructure Catherine King highlighting the need and significance of the project.

“We are living in a major growth corridor and since the Covid Pandemic, population growth has accelerated even further. Tourism has also boosted the regular population not just during school holidays, but in the times in between because many people come here not just on weekends but as part as part of their working week placing more pressure on the local road network,” Dr Gillespie said.

“I am pleased the State Government has started its investigations, but it is now incumbent upon them and MidCoast Council to begin the planning process for the new bridge, and commence construction on the necessary road projects in both Forster and Tuncurry that can be undertaken to improve traffic flow and alleviate congestion on the local road network so we don’t continue to see the regular bottlenecks leading up to both side of the bridge.”

Dr Gillespie said he had discussed the issue with both the State Member for Myall Lakes, Stephen Bromhead, and The Nationals Candidate for Myall Lakes, Tanya Thompson, about the urgency of taking the project to the design stage.

“I thank Steve Bromhead for getting the initial investigation process underway last year and I know Tanya Thompson is acutely of the need to get this project underway. With the support of both the State Government and MidCoast Council, work can begin addressing some of this traffic congestion problems now,” Dr Gillespie said.

GATE OPENS TO NEW AGRITOURISM OPPORTUNITIES

The NSW Government is making it simpler and easier for farmers to start and operate agritourism businesses across the state. Whether its farm stays, cafes, cellar doors, retreats, roadside stalls, fruit picking, or small wedding venues, farmers in the Myall Lakes will have more opportunities to run their agritourism experiences through fast-tracked or without planning approvals.

Member for Myall Lakes, Stephen Bromhead said the NSW Government’s final agritourism policy has come into effect, saving farmers time and money, and giving them cash flow opportunities right at their doorstep.

“These reforms make it easier and cheaper for our farmers to set up, run and grow agritourism experiences on their properties, such as cellar doors, fruit picking, camping, roadside stalls and small wedding venues,” Mr Bromhead said.

“More of these activities mean more tourists will visit our region. It’s also a great win for primary producers who can diversify their income and build economic resilience against natural hazards.

“Landowners wanting to diversify their farm will be able to start an agritourism business without lodging a development application, **as long as** conditions are met,” Mr Roberts said.

“We’ve cut the red tape so farmers can easily access the tools needed to cultivate a growing business. The NSW Government will work with councils to monitor the policy and how it’s operating, and make sure it’s balancing the needs of farmers and the community.”

Agritourism is a growing sector for both the Australian and NSW economies, and is expected to be worth \$18.6 billion nationally by 2030.



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Good Medicine

Enjoy Each Day

How is your New Year shaping? Australia Day celebrations are over, school's back, work holidays are over ... long awaited appointments can be made. We are putting last year's failures behind us and working on the fresh start effect. **Note:** failures are often God's way of keeping us growing and believing for the impossible. The aerospace engineer who made it possible for man to walk on the moon (Wernher von Braun) said, 'I have learnt to use the word *impossible* with the greatest caution'.

Most importantly, are you enjoying this year ... 'God wants you to be happy and enjoy your life'.

We need to celebrate life and the people God has placed in our path, our spouses and families; don't be so focused on work that you can't stop and smell the roses, or you miss the cute things your littlies say and do ... for you can never get those precious moments back.

If you want to spend more time with your spouse or kids or on important relationships do whatever it takes ... whether cutting down on work hours, TV or even technology time. After all, Albert Einstein said 'The day that technology surpasses our human interaction, the world will have a generation of idiots' so let's make sure that day doesn't come.

Each day is a gift from God ... today is the most valuable gift you will ever receive apart from your salvation. When you receive a gift you thank the giver, unwrap it and begin to enjoy it ... so make an effort to focus on and enjoy every moment of your life. We know things don't always go well in life, our world is not perfect ... there is sickness, heartbreak, war etc ... but Jesus said He has overcome the world, *John 16:33*. If you look for something to be thankful for, you will find it.

News From The News

Nabiac Community Church

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

St Bernadette's Catholic Church, Krambach

February Mass times are Saturday 4th at 6:00pm - Saturday 11th at 6:00pm - Saturday 18th at 6
March Mass Saturday 4th at 6:00pm
(contact **Helen Legg** on 6559 1211)

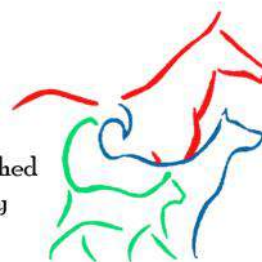
Nabiac Veterinary Clinic

Clarkson Street, Nabiac

Consulting from our newly refurbished
Nabiac Clinic every Thursday by
appointment.

8.30 am to 10.00 am

Phone (Forster Vet Hospital): (02) 6554 8833



When my hubby and I had COVID I was thankful that mine was a mild case and God was still looking after us.

The Bible talks a lot about joy. Jesus wanted His joy to 'remain in us', *John 15:11*. He said 'Ask and you will receive, that your joy may be full, *John 16:24*. Think about that for a moment ... Jesus actually prayed for us to have joy ... and 'He paid a very high price for us to be able to'. His life.

The secret of joy might be tied to a Sunday school chorus we sang many years ago -

Jesus first ... yourself last ... and others in between.

- J** Jesus
- O** Others
- Y** Yourself

1 John 4:15 says 'Whoever confesses Jesus is the son of God, God abides in him and He in God'.

Herein is joy.

Quotes from wordfortoday.org.au

The Counsellor

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

Krambach Bible Church (a ministry of Wingham Presbyterian)

A Family Service is held **every** Sunday at 11am.
All denominations are welcome to join in.
Any enquiries please phone **Robert** (0400 310 357) .

St Paul's Anglican Church, Nabiac

Service each Sunday at **10:30 am**. All welcome
Enquiries: Contact Kit **Carson** (0493 278 243)

Every Week Day Before and after school care by **KIDS SHACK**
We also provide Vacation time care.
Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

February Mass time is Saturday 25th at 6:00pm

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Barb's

Hair care...

0431 168 318

Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

Welcome to 2023 everyone. We hope Christmas and the new year was kind to everyone.

Just letting everyone know that *Belinda* will be working Tuesdays and having Thursdays off, so she'll be working every day except Thursday from now. Thank you.

Our first saying for the year:

"Often it is those people who live quietly, modestly, and contentedly with a simple life who are the happiest."

"Belinda, Barb & Jess"



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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.

My name is **Lulu** and I have been naughty and gone Walk
About from my home in **Waterloo Road, Firefly**.



My family is worried sick that I could
be accidentally mistaken for a wild
dog and shot.

I went on Saturday night 29th January,
and might be very lost or sick some-
where (maybe in a paddock)

I am a brindle Lab/Staffie cross, 6 yrs
old, lab size and very friendly.
Unfortunately I am not wearing a
collar, but I am micro chipped.

If you have seen me in the Bunyah
Road, Wallanbah Road Firefly area or
beyond, please call me and keep me
safe and phone my dad, **Ethan**, on
0477 285 556



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