

and it's FREE, too!

ACROSS THE FENCE

Krumbach Country Music Day Sunday 27th August

10:00am to 4:00pm
Krumbach Hall
Local & Visiting Artists
Details page 25



Music in the Region

Blanch and Emily Granger's
Suite Magica
& Alisia Crossley & Joshua Hill's
Duo Blocksix
Details page 25

Mid North Coast Barrel Racing &
Horse Sports Club
Sunday 13th August 8am to 3:30pm
Raising funds to send 4 kids to away
competitions
Details page 32

PUBLIC NOTICE The Annual General Meeting of the

**WALLAMBA & DISTRICT AGRICULTURAL & HORTICULTURAL
ASSOC. INC.**



Will take place in the Neighbourhood Centre
In Nabiac Street, Nabiac on
Tuesday 8th August, 2023 @ 7:00pm

to elect Committee Office Bearers
Followed by the General Meeting
You must be a paid up member to vote
Membership is \$10pm
Further details on page 11





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Editorial.

Hi all,
Winter is still with us especially of a morning and night. Although we have been tricked on some days with beautiful weather the cold comes back. Just hope August isn't its usual windy self as I am still trying to get 3 years burning finished.

Mentioning burning off, get all of yours done this month as they are bringing in permits at the end of August.
Talking of wind, a reminder to look at your gutters. I bet most of you will find they are full of leaves from the deciduous trees and gums due to their stressed condition with the lack of winter rain. I seem to have to clean mine every couple of weeks as I am surrounded by gums.

As we have been advised it is supposed to be a scorcher or a summer, time to get the gutters cleaned in case of fires.

We have a bit of a musical month with Krambach Country Music on again and two more classical events, one in Tuncurry (5th) the other in Gloucester (26th) brought here by "Music in the Regions".

There are also a couple of car-boot and 'garage' sales on trying to raise money for local clubs. Worth a visit to see what good 2nd hand items are available.

The Op Shop has some sales on and is worth sticking your head around to door to find out what bargains they have. Support your locals as they support the community.

Just found out there is a new self storage facility in NABIAC (shows how much I see when I go there) hiding behind the repair sheds in Ferris Place. Huge place. I have also been informed to go and look at the wonderful murals that have been painted on the rear walls of the buildings. I was sent photos and they look fabulous, now I have to go and actually find them and look at them.

Hendra Virus is apparently raising its ugly head again, so all of our horsey residents will have to take care and check their animal's surrounds and think of getting their horses vaccinated as a precaution

There are two new articles on page 27 that could be of interest to those of you who like birds/watching, and also walking/exploring in the area.

Muse has a number of art classes on this months for anyone who is interested in learning/improving their artistic talents.
So, enjoy the month, keep warm & safe

Lyn & Timidthy



WHAT'S HAPPENING IN AUGUST, 2023

Markets & Events.

- Bulahdelah (1st Sat) 5th 8am to 1pm
- Blackhead Bazaar (1st Sun) 6th 8am to 12 noon
- John's River Country (2nd Sat) 12th 9am to 1.30pm
- Wingham Farmers (1st Sat) 5th 8am to 12 noon
- Myall Quays (3rd Sat) 19th 9am to 1pm
- The Hub Taree Showgnd (3rd Sat) 19th 8am to 12 noon
- **Krambach (Last Sat) 20th 8:30am to 1pm**
- **NABIAC (Last Sat) 26th 8am to 12 noon**
- Old Bar (Last Sun) 27th 7am to 1pm
- Pacific Palms (Last Sun) 27th 9am to 1pm
- Forster Town (2nd Sun) 13th 8am to 2pm
- Halliday's Point (1st Sun) 6th 8am to 11am -?
- Town Head (every Mon) 8am to 2pm
- Mt. George (4th Sat) 26th 8am to 2pm
- Forster Farmers Market (3rd Sat) 19th 8am to 12 noon
- Bobbin Community —th 9am to 2pm
- Tuncurry Markets (4th Sat) 26th 8am to 1pm
- Burrell Creek (2nd Sun) 13th 9am to 12.30pm
- Great Lakes Palliative Care (3rd Sat) 19th ???
- Wingham Markets—showgroundsth

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au
Production: Lyn Reid
Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly, N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**
Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.
ALL ART WORK IN JPG ONLY
Disclaimer: The editor has **no affiliations to any advertisers** and the opinions expressed by submitters are their own.

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Nabiac Landcare

It's been lovely working in the bush this last month. Most days have been warm and sunny but a touch more rain would be appreciated. Some of our grey nomads have returned so the volunteer hours look a little better and more work is getting done.



My calendar weed this month is **Yellow Bells**, *Techoma stans*; yes, it has yellow flowers; yes, it is a garden escapee. It grows from seed very easily and can form dense thickets. Yellow Bells has been a target weed around the area for a while but now it is beginning to show up along the highway. Because the seeds are light weight and have winged edges, they can easily ride the air currents created by highway traffic and even hitch a ride to new destinations. Seed pods should be bagged and disposed of in the red bin. Seedlings can be controlled by hand pulling and check with Weedwise: <https://weeds.dpi.nsw.gov.au/Weeds/YellowBells>, for more control information.



It's been nice to meet and have a chat with people having a stroll and walking their dogs through the bush. In those conversations two topics often come up. One is damage to the tracks caused by motorbikes. The soil in the bush reserves around Nabiac is quite fragile and is easily damaged by the heavier and faster bikes whether the track is dry or wet. Not only is it illegal to ride motorbikes on the reserve paths, it is also a danger to walkers, especially children who may be playing in the area. The other concern expressed is the dumping of rubbish at the entrances to the reserves. Unwanted garden plants, grass clippings and prunings are a source of unwanted weeds. Plastics do not break down and contribute to general pollution especially near the waterways. I was very annoyed when I cleaned up a pile of plastic bags that were filled with dog poo—not nice!

The local Landcare network is planning a Community Tree Planting in the Lilypilly Bend reserve on August 11th followed by a light lunch and sharing of the achievements of local Landcare as part of National Landcare Week. Booking is essential at <https://www.eventbrite.com.au/e/landcare-week-regional-program-celebration-tickets-676457401297?aff=oddtcreator> Contact the KGL Landcare coordinator, **Joel Dunn** on 0401 932 533 for more information.

Joel is also planning to demonstrate Brush Laying for sediment control and drainage line hydration before the tree planting at about 10 am. Please RSVP for this activity to Joel directly at joel.kgl.landcare@gmail.com

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

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

I'll be out of town so contact Leone, our Secretary (and chef), on 0475 309 442 if you're interested in joining us.

Liz Rees
6554 3196


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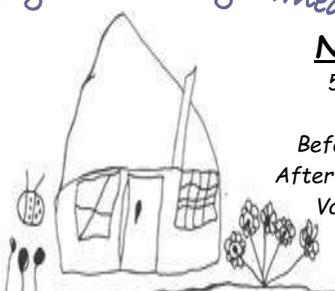
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After school care: 3pm-5.30pm
Vacation Care: 7am-5.30pm

Children—Too Precious to Profit

Between the Pages *Nabiac Library News*

Another month has flown by! The winter school holidays have come and gone. Our clever kids have begun their third term at school.

The July School Holiday craft workshop **Needle punch Embroidery Fox** was excellent!! We had a full house of participants for this creative event. The children, parents and carers had a wonderful morning.

Lee, from Forster Library, did an awesome job teaching, guiding and helping everyone create their fantastic fox.



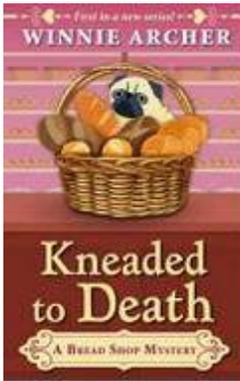
What's happening in August?
Did you miss a **Tech Savvy Seniors- 30 minute one on one session** or do you need further assistance? Check MidCoast Libraries website for all the dates and library locations still available. Please book online <https://library.midcoast.nsw.gov.au/Events> by following the links.

Nearest to Nabiac: **Hallidays Point Library, Thursday 10th August, 2023 10.30AM-4.30PM**
Taree Library, Friday 4th August, 2023 1PM-4.45PM & Friday 11th August 1PM-4.45PM

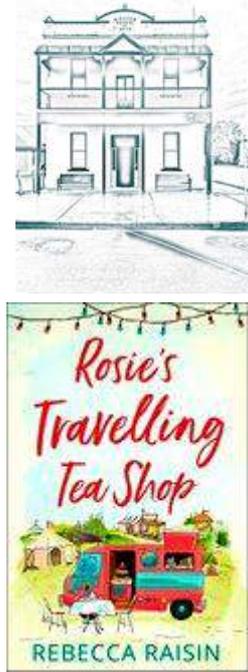
Wingham Library is officially re-opening Monday 7th August, 2023 10AM-11AM. Wingham Library has lots of great events to celebrate!!! Check out MidCoast Libraries website for the many wonderful events, dates, times, to book <https://library.midcoast.nsw.gov.au/Events> and follow the links.

To mention just a few events - **Mid-morning Music, Bushfire Preparedness workshop, Through the Lens of Cavalchini Walking Tour, Beeswax wrap workshop and a Seed Saving workshop!!! Plus lots more!!! Explore and enjoy!**

Winter, no, any time is perfect reading weather! Discover **Winnie Archer's Breadshop Mystery series** in large print, a delightful, entertaining read. In **Kneaded to Death**, the main character Ivy Culpepper, a struggling photographer, enters a bread making class at Yeast of Eden, and embarks on a murder investigation of her own, when a missing classmate is suddenly discovered dead in her car riddled with stab wounds. Other titles in the series: *The Walking Bread, Crust No One, Flour in the Attic, Dough or Die and Death Gone A-Rye* and may be reserved online for pick up at your local branch.



Romance readers, **Rebecca Raisin's Travelling series** are fun, light reads with challenges along the way. **Rosie's Travelling Tea Shop** is about embarking on the trip of a lifetime. Rosie Lewis is a Michelin-Starred Sous Chef, broken hearted, with Poppy, her new, bright pink travelling tea shop in tow, nothing could go wrong, could it? This series includes *Aria's Travelling Bookshop* and *Flora's Travelling Christmas Shop*. Explore the library catalogue for other Rebecca Raisin series and stand alone novels.



Until next month, keep warm, stay well, enjoy reading and discover new authors!
See you in our wonderful Nabiac Library soon!!

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Nabiac Pharmacy News



Want to keep smoking, but breathe better?

Australia has one of the lowest smoking rates in the world with only 10.1% of adults regularly smoking. Everyone knows they should quit, and most people want to, but can't. This is why I rarely mention it.

The graph below took me six months to find as the "Salford Lung Study" is the ONLY drug study to include smokers. What it shows is that when smokers use stronger inhalers (from doctor) the amount of severe breathing symptoms is reduced by 17%.

In short, you can still KEEP SMOKING and the stronger inhalers will STILL IMPROVE your breathing (a lot). All other studies exclude smokers so the data looks better, but I believe that everybody deserves the best care regardless of their habits and choices.

Come in and see us for more detailed take-home information and explanation.

Tim

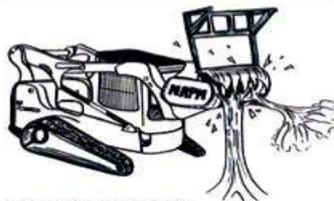
Pragmat Obs Res. 2017; 8: 175-181

Published online 2017 Sep 20. doi:10.2147/POR.S144157

The Salford Lung Study: a pioneering comparative effectiveness approach to COPD and asthma in clinical trials

MIDCOAST RURAL PROPERTY MAINTENANCE

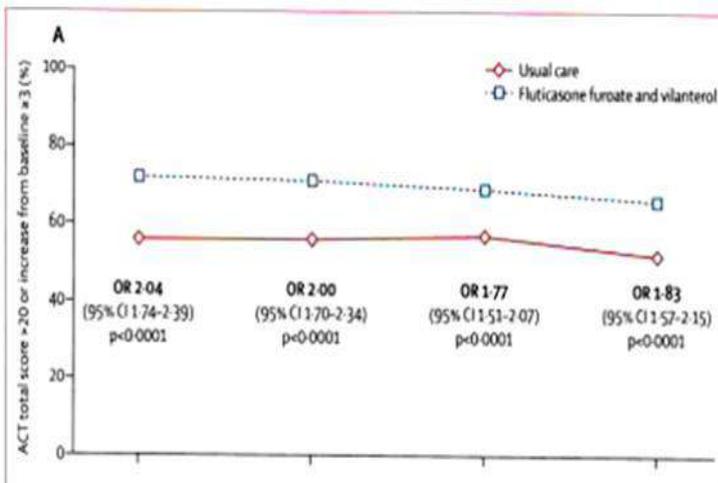
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Centrally located in the heart of Nabiac village in Ferris Place, (tucked out of sight behind the working units) just minutes from the Highway, means you can grab your toy and get on your way without any hassle.

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 **RFS** MINIMBAH MATTERS
NSW RURAL FIRE SERVICE

Minimbah Rural Fire Brigade
is giving you a **Heads Up**.

Commencing 1st September there will be the requirement to **have a free fire permit**, issued by your local NSW RFS Fire Permit Officer, before you light any outdoors fires.

There are three Fire Permit Officers in the Minimbah Brigade, and their contact details can be obtained by ringing the **Mid Coast Fire Control Centre on 1300 643 262**.

We notice that some people are making the most of this month to prepare their property for the upcoming bush fire danger period. Well done. Thankyou. We really appreciate what you are doing. August is traditionally a very windy month though, so if you are planning on conducting a pile burn, there are several important steps you will need to consider, such as the material you intend burning, the weather conditions, notifying your neighbours and District Fire Authority (1300 643 262).

The lush grass that was making us all “oooh and aaaah” a few months ago is no longer. Sparse rainfall, a frost or two, some drying winds and all of a sudden, farmers are looking for feed for stock, the wildlife is moving in closer to houses in search of something nutritious, and the slightest spark from a match, pile burn, tractor and slasher, hot vehicle exhaust, anything at all, is ending up as an out of control grass fire.

Ideal conditions for grass fires – not so ideal for fire fighters.

Recently RFS crews, including Minimbah, have attended several “escaped pile burns”. Allowing a fire to escape your boundary is a breach of the law and can be very expensive, not just to repair the damage caused, but also to pay the fines.

Winter is notorious for house fires, some of which are very preventable. For instance, overloaded power boards can become real killers when you’re not looking. Faulty heaters, unattended wood fires, drying clothes too close to the heater, dirty chimneys, greasy range hoods, even heat packs in a bed are all common causes of house fires.

If drying clothes inside, remember, **a metre from the heater**.
Have you **checked your smoke alarm** lately?
Just sayin’!

Our Brigade (like most other Brigades) has always had the philosophy that a succession plan is important. Sometimes it is not possible to bring the plan to fruition, but over recent years we have been fortunate enough to have Volunteers who have the required training, skills and experience to step up into a higher leadership position.

At our recent AGM we had a slight “changing of the guard”, so to speak. Our Field Offices remain the same, but the positions they hold have changed. They are:

Captain ... Phil Costa — Senior Deputy ... Bruce Weller
Deputy ... Mal Gray — Deputy ... Melanie Moore

Bruce Glimmerveen has been a Member of our Brigade for over 20 years, both as an active firefighter and our highly regarded and very efficient Treasurer. He has been inducted as a Life Member of the Brigade in recognition of his selfless contribution. Our congratulations and thanks are extended to Bruce.

Whilst it may be nice to snuggle up in a nice warm jumper at this time of the year, Winter is known to be cold, windy and not always inspiring. This is why the RFS make the most of the “non-fire season” to undertake a diverse range of training courses and workshops etc. Having completed an intensive two-day course, one of our ladies has just qualified as a chain saw operator. Many a time a fire truck and crew cannot reach a fire because of fallen trees, so it’s very handy to have not only a chain saw on board, but someone who has the skills and qualification to use it.

The skills learned through the RFS can come in very handy when added to your resume for a job application or when you are working around your home. You’d be surprised at the range of things you have the opportunity to learn as a Member, and all the courses are free. Most courses have National accreditation. Over the years the aging process does take a toll on Volunteer numbers, and we are always looking to welcome new Members to our Brigade. Give it a bit of thought please. It is free, fun, fulfilling and hopefully something you would like to do.

If you are unsure of what rules apply at any given time, any other fire related questions, or queries regarding joining the RFS as a Volunteer or Staff member, please call

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

Report unattended fires to
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NEWS FROM NABIAC PUBLIC SCHOOL



Welcome back to term 3. Hopefully everyone had a restful and enjoyable break.

We ended Last term with NAIDOC Day celebrations. Students participated in a variety of activities in the morning session, followed by an amazing assembly where some of our students danced. Following our assembly, our students and community were treated with a BBQ organised by the P & C.

During last term students were invited to submit an entry into the "Tell me a Story" writing and illustration competition. Once again, Nabiac students demonstrated a very high standard of work resulting with 1 student receiving an excellence, 12 highly commended, 14 commended and 18 merits in the illustration component. Congratulations Nabiac students!!!!

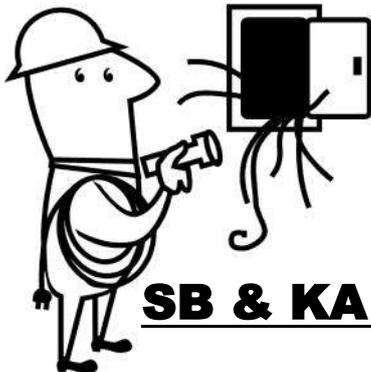


Earlier this year, students were invited to participate in a competition to create our new cartoon school mascot. Students were then asked to vote for which animal they wanted to have as our school mascot. Our winner is.....**Clarky**. Clarky is named after Clarkson Street. He will be seen on our new school signage displaying our school expectations soon.

We are now accepting enrolments for kindergarten 2024. Kindergarten transition is starting this term with many exciting activities planned for those children attending kindergarten next year. If you know of any families who would like to enrol their child and do not attend a pre-school in our area, please encourage them to drop into school and let us know.

Jodie Neville

Nabiac Public School



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Nabiac Memorial Neighbourhood Centre Association



New information sign in Memorial Park – We have the agreement of our committee members that we will support the project of installing a new sign and that it will involve review and changes to our community website www.nabiac.com

Tennis and Netball Courts – much needed repairs OR new courts? It's quite a dilemma!

The Neighbourhood Centre made a commitment to support the Tennis Club a few years ago in attempts to cope with a very damp site and problems with concrete courts.

Ideally, we would love to see new tennis and netball courts created at the Aub Ferris Complex. Estimates are that this would cost about \$500,000 plus.

So short term, it's likely there will be repairs that gain us a few years.

There is now approx. \$22,000 pledged to go towards repairs, from local clubs (Tennis, Netball and Soccer) plus the Preschool.

At our July meeting the Neighbourhood Centre agreed to donate up to \$10,000 for the surface repairs to the courts project as per an agreed scope of works, and on condition of a grant being received and an agreed group set up to manage the project.

Recent grant applications by Netball Club were not successful.

So what's next? The Neighbourhood Centre will contact stakeholders to discuss what happens now.

Community Art Work at the Nabiac Street Showground Entry – this project is also moving along slowly. Council now has a new community art policy which required a submission of certain information to a committee. This has now been completed.

All of these new projects are being assisted by our **Nabiac Second Chance Opportunity Shop**. By providing the chance for the sale and reuse of items our volunteers are raising funds for our community. There's a long list of what's been funded – the children's playground and the little bike track with the BBQs tables and seats, Town Creek seats and tables, Riding for Disabled, trees around the Oval, the pool with heating, blankets and security cameras..... A big thank you to all our volunteers at the op Shop and to those volunteering in our sporting clubs.

You can contact us on Nabiac Community on Facebook and at secretarynmnca@gmail.com

Louise

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WALLAMBA CWA REPORT

Our numbers were down slightly for our July meeting due to various reasons but we still had nine of our members present at the Nabiac Community Village Church Hall, who were welcomed by President *Margaret Weller* who also received 6 apologies.

Following the opening formalities members paused to remember the passing of departed friends including *Diane English, Brian Crisp* and *Leonna Sky*.

The monthly thought was provided by member *Beth Brewster* and was as follow:

“It was only a sunny smile, and little it cost in the giving but like morning light, it scattered the night and made the day worth living”.

Members had received and read their minutes of the previous meeting and these were taken as read and moved by member *Jill* and 2nd by member *Merle*.

Correspondence dealt with included an invitation to attend Wauchope CWA Branch's 85th birthday celebrations to be held at the rooms on Friday 18th August and members *Margaret* and *Jill* will represent Wallamba at the morning tea that has been arranged.

Member and Treasurer *Jenny* will be attending the Group Council Day which was set down for 2nd August and no doubt will come back to our August meeting with lots of interesting snippets.

The next Group Day is a CWA Facts Day and will be held at Bonny Hills and members *Fay* and *Merle* have volunteered to attend this event.

A number of ladies were heading over to Gloucester on Monday July 31st to attend their International Day on Latvia and I am sure they would have had a great day as our fellow Gloucester CWA ladies always have a friendly and interesting day, unfortunately I couldn't attend as I had a medical appointment, but maybe another time.

It has been decided that we invite our Mentor and Group Vice-President, *Vivienne Beaumont*, to attend our AGM in October to chair the elections and speak on her involvement with CWA over the years.

It was good to have *Merle* back with us after several medical issues and she brought us up to date with the handicraft Group project which is 4 spectacle cases from each branch and she also mentioned a work-



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shop in October when our members will do the embroidery on them. These days are always informative and lots of fun, laughs and chatter.

Unfortunately our International and Cultural Officer *Penny* had a prior commitment on our meeting day and was unable to attend and therefore we didn't have her report on these two subjects. However, member *Pam* spoke about attending the arrival of the Legacy Torch relay (which was celebrating the 100th birthday of the foundation of this wonderful organization) when it came to the Wingham Town Hall and presented to local Legacy member *John Rooimans* and Wingham RSL Sub-Branch President *Brian Willey*.

With *Coral* away we didn't have and AG and Environment Report either.

Those who had attended the Handicraft and Ag & Environment Group Day including *Margaret, Jenny, Beth*, gave us their reports on the day this including a interesting talk by *Graham Rose* who spoke on honey and native bees. The ladies mentioned that a number of Krumbach area bee-keepers have been badly affected by the varroa mite and the devastation of their hives. *Jenny* also told of the talk on Hemp which is our primary product for this coming year and said that hemp oil is not addictive and being used medicinally and is a great pain reliever. They are also making bricks from the hemp fibre and they have been found not to burn.

Merle gave us a report on the handicraft display at Forster which included making Yorkshire Buttons which she showed us and member *Jill* also demonstrated the craft of cord making using a single knitting needle and wool.

Margaret told us of a simple method and treatment to get rid of daddy long leg spiders – 15-30 drops of lemon or peppermint essence in a spray bottle of water and spray them – said it works really well.

No further business, the meeting closed a little before noon when those members who could stayed on to enjoy some homemade soup and crusty bread courtesy of *Margaret* and some slices from the other ladies.

Next meeting will be held on Tuesday 8th August at the usual venue commencing around 10.00 am when all are welcome including those ladies who would like to become involved with CWA.

Pam Muxlow

Publicity Officer – Wallamba CWA Branch



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News from Nabiac Second Chance Op Shop

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

Hello to ALL,

A very big thankyou to all the volunteers who work very hard in the Op Shop and Shed sorting donations and keeping our shop and shed looking clean and tidy, you are amazing and all very much appreciated.

VOLUNTEERS NEEDED. Ladies and Men.

If you have a spare few hours during the week from 9.00am to 12.00 Monday to Saturday and would like to help raise funds for our great community and have a fun time doing so.

If you are interested please call in to the Op Shop and leave your name and phone number with one of the ladies and I will contact you to organise a day and time to meet you.

Shop:

A big thankyou from all the volunteers for your ongoing support and generosity. Without your donations we wouldn't have our lovely Op Shop.

The projects we fund are just as much from the community as they are from the Op Shop.

Keep the donations coming in so we can continue to fund projects for our beautiful little town of Nabiac and surrounding areas.

We will be starting to hang more summer stock out during August getting ready for the start of Spring in September.

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

Shed:

There is a large variety of CD's, DVD's, pet bedding, books galore and some really lovely crockery, drinking glasses and cups, furniture and lots more.

The sale we have on DVD's is still available in the shed. 15 CD's and DVD's for \$5.00. Come in and go through our large collection, you are sure to find that DVD you have been wanting to watch.

Books for kids and young readers are free and all other books are \$1.00

There is an abundance of Jig Saw Puzzles. Price is \$2.00 each or 3 for \$5.00.

Also we have received some great furniture, such as Book Cases, Display Units, Bed Side Tables, Coffee Tables and lounge suites.

You will also find a lot of hanging pictures, big and small and a beautiful Rocking Horse.

We have received a delivery of Plants, some jonquils, aloe vera and more. Plants start at \$2.00.

Donations:

We are still in need of clean towels, sheets and blankets to sell. Also

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if you have any old linens that are not suitable to be sold they will be perfect for making rags also any towels not suitable for sale will be perfect for dog towels.

All these items would be received with great appreciation.

Please be mindful when donating. Dirty clothing or other items are unsaleable items and not suitable for rags.

No dirty or mouldy shoes and bags, these are also unsaleable.

Thankyou for your co-operation in advance.

Please bag your donations as it make it easier for our volunteers to empty the Donation Bin.

Keep warm and dry. Don't forget to your bags.

Kind Regards

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

Krumbach & District Garden Lovers News



Well, another month until Spring which will be lovely, but it will make you realise how time flies

It has been very dry and very cold and all gardeners are looking for a bit of wet weather.

As our Garden Club meeting is on the last Monday of the month, I am not able to report for this month as I will not make the deadline for the paper.

I know that on Monday we are welcoming 4 new members to our club and I hope that they will enjoy our company and make many new friends. We are going to a new garden at Forster and I have been told that it is outstanding so I am really looking forward to seeing it and will tell you all about it next month.

Until next time, happy gardening

Judi

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News from Muse

We are fortunate that there are so many talented artists in our community. This provides us with a constant supply of beautiful, original work, produced in our own community.

It helps us to support our local economy as the 'Money-go-round' stays in our community, which is increasingly important in the current economic climate.

What has been surprising is that despite the current economic issues, people are still buying art. Muse prides itself on its affordable, yet high standard, art and I think this is why people are buying. That and the fact that you get so much pleasure from artworks for years.

Speaking of pleasure, it appears that is what students at Inner Muse Art Academy have been getting.

The first classes held at Inner Muse Art Academy were a huge success, producing not only some amazing work, but also amazing feedback "So fantastic, had fun too! Great Class", "Great, I'd recommend it to anyone."

So what's coming up in August?

August 5th - Christine Onward - Acrylics

Christine will equip you with the techniques to achieve wonderful art works. At the same time unlocking a series of strategies to help you feel inspired to create, to build your own unique style in art and approach painting from a personal perspective.

Get the most from yourself and your acrylics with Christine, book early only 3 places left.

August 6th - Christopher Rigley- Drawing Class

Christopher will show you the fundamental concepts such as proportions, lines, and shapes. These skills lay a solid foundation for your artistic journey.

You'll learn essential elements like light, shadow, form, and shape. All of which directly translate into painting, helping you achieve accuracy in your artwork.

You'll also learn the fundamental skills, techniques, and concepts necessary for artistic growth. It refines your abilities, improves accuracy, and empowers you to develop a unique artistic style.

August 19th - Mixed Media with Leigh Hooker

Leigh will inspire you with her unique approach to her chosen medium. Mixed Media allows you to explore a multitude of mediums and is a really fun class.



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Creating artwork that tells a story, exploring unusual techniques which will allow you to achieve amazing results. Only 2 spaces left on this class, so book early.

August 27th - Jewellery Making with Christina Kirk

Christina will teach you the technique of Gelli printing, allowing you to create your own unique design for the jewellery you will make.

Not only will you learn jewellery making skills, but also art techniques that can be used in any art work.

As usual, all of the materials are included in the price as is morning coffee and cakes. The cost is \$110 per class and bookings can be made in person at Muse Art and Crafts, or calling 0423 125 576 (messages answered between Thursday and Sunday) or email inner-museartacademy@gmail.com

We hope the Academy will inspire and develop more artists so that, ultimately, they can sell their work at Muse.

Kind regards,

Janice Dance

Show News



Wallamba District Agricultural & Horticultural Association Inc.

ANNUAL GENERAL MEETING

To be held at the Neighbourhood Centre, Nabiac Street, Nabiac on **TUESDAY, AUGUST 8th 2023 @ 7PM.**

You must be a financial member to vote. Please use the following information for internet banking.

Name: Wallamba District A & H Association Inc.

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Please ensure you put your name so we can issue a receipt.

PLEASE NOTE: All nominations **MUST BE IN THE HANDS OF THE SECRETARY**

NO LATER THAN 6.45pm on the night as no nominations will be accepted from the floor.

If you have any questions, please do not hesitate to contact me on -

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On the 16th July, 2023, a horse in Newcastle died from Hendra Virus. The horse was unvaccinated. This is the second confirmed Hendra case in Newcastle in the last two years. Since it was first recognised in 1994, there have been 67 confirmed Hendra outbreaks in Australia, with 26 horse deaths occurring due to Hendra virus in NSW. Other than the 2 cases in Newcastle, most have occurred in Northern NSW but with more recent cases much further South, it is becoming apparent that we cannot safely assume that Hendra virus only occurs in Northern NSW and Queensland.



Hendra virus is carried by flying foxes, who shed the virus in their bodily fluids. Horses can contract Hendra virus through ingesting food recently contaminated by a bats urine, saliva or faeces. The spread of Hendra virus between horses is possible whenever horses have close contact with body fluids from an infected horse. Humans contract Hendra Virus through contact with an infected horse's bodily fluids. Nasogastric tubing of horses and horse post-mortems pose a particular risk to humans as the potential for exposure to body fluids is very high. Given that Hendra Virus is spread to humans by contact with a horse's bodily fluids, Veterinarians are at particular risk of contracting the disease, as are horse owners. To date, seven people have contracted Hendra Virus through contact with an infected horse. Four of these people died as a result, and two of these people were Veterinarians.

Horses infected with Hendra Virus show a very wide range of symptoms. It is reported that around 80% of horses who contract Hendra virus die as a result. They may have one or more of the following symptoms: depression, fever, lethargy, increased respiration rate, nasal discharge, shifting of weight, kicking at their abdomen, being generally unsettled, head tilting or circling, muscle twitching or urinary incontinence. These symptoms are very non-specific, and can mimic many other more common conditions; for example a horse with 'colic' (abdominal pain), which is a very common reason for a horse owner to contact a Veterinarian. Therefore contact with any sick horse poses a significant risk, due to the possibility that the horse could have Hendra Virus. The reality is, a Veterinarian who performs invasive procedures such as nasogastric

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tubing on sick, unvaccinated horses, is risking their life. It may be a small risk, as cases of Hendra virus are uncommon, but the outcome is catastrophic should they have the misfortune to be treating a Hendra case and inadvertently contract Hendra virus.

Vaccination is the single most effective way to protect your horse and therefore yourself and anyone else handling your horse (family members, staff, Veterinarians). This vaccination is widely used in NSW and Queensland and recommended by the Department of Primary Industries (DPI). It involves an initial vaccination, a first booster 21-42 days later, and second booster after 6 months, and after that a yearly booster. For convenience, many horse owners opt to combine their yearly Hendra vaccination with a tetanus/strangles vaccination and a yearly dental.

Although there hasn't yet been a recorded case of Hendra Virus in the Mid-North Coast, we have a very large population of flying foxes in this area, and therefore the risk is high. Hendra Virus has been found to infect flying foxes in this area. They have a wide home-range, and roost and forage in a wide variety of trees and vegetation. When roosting and foraging it is inevitable that their excrement and dropped food will end up on the ground below them. To protect horses from contacting flying fox secretions, they should be prevented from feeding, grazing or drinking underneath trees.

You can find more information about Hendra virus on the DPI website. To enquire about vaccinating your horse for Hendra virus, please call Wingham & Valley Vets on 6557 0000.

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Next market: 26th August 2023

Happy August everyone! Spring is on its way.

2023 is flying by. It's August and Fathers' Day is around the corner. Where on earth does the time go? A cliché, but it's true! Why not be smug and organized with shopping for Dad, or your special someone, for this Fathers' Day, 3rd September?



GIFT IDEAS:

- Plants; fruit trees, citrus, orchids, bromeliads, succulents, Green-patch seed packs
- Garden art, bird baths, sculptures
- Carved wood pieces, sculptures, engraved signs
- Gingerbread, ginger beer, chocolate treats
- Ceramics, personalized mugs, bowls, unique pieces

- Dog-beds, collars, soaps & treats for man's best friend
- Condiments, sauces, relish, herbs, curry packs
- Olive oil, Macadamia treats, butter & oil, honey
- Beanies and scarves
- Wines
- Cheeses
- Stock the freezer with meals made from meat and market produce
- Gin, Absinthe, Limoncello
- A tiny house!

STALLHOLDER FEATURE: 'Chef 2 Farmer', meet Lisa and Todd



Lisa and Todd Richardson have a deep-rooted love for healthy food and strong community connection.

They fervently embrace life on the land with their three children.

They are the driving force behind 'Chef 2 Farmer', a regenerative farm providing the wider Hastings area with pasture-raised pork, chicken, beef, and eggs.

The importance of pasture-raised meat and eggs

Meat and eggs from well-nurtured animals are actually different from animal products raised in feedlot & caged conditions. Aside from the



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obvious animal welfare aspects, the nutrition values differ. The levels of Omega 3 and 6 fats in ethically raised animal products are more likely to be healthy and balanced. Whilst humans require both Omega 3 and 6 fats, the balance of these Omegas from "factory" raised animals is less healthy, with unhealthy levels of Omega 6 which may be detrimental to our bodies.

Animals need more than feed and water. They need space to roam in a biodiverse environment, access to a variety of plants to nourish their gut health, and opportunity for natural herd behaviours. The link between healthy animals and healthy humans is clear.



When I chatted with Lisa and Todd at the June market, their exuberance for what they do is evident. Todd showed me a photo of their calves enjoying access to different minerals, so the animals can select what is right for them. This little snippet is an example of their passion for fine fare and animal happiness.



Raised in a small town, Todd developed an appreciation for fresh, locally sourced ingredients from an early age. As a chef, Todd noticed a disconnect between chefs and growers, and the common struggle to source fresh, seasonal, ethical produce. This was a key driver in the journey toward regenerative farming.

Lisa's inspiration was nourished during their days owning a café and thinking about the food they served. She loved going to producers to source quality produce for their customers. In Lisa's own words:

"When we had the opportunity to grow our own food, and live and work in nature, along with teaching our kids about where food comes from, we had to give it a go! My passion for regenerative farming started a little after Todd's, when I could see the changes in our land, and also loved that we were caring for the animals the best way we could."

This made Lisa feel better about being a meat producer. Lisa loves their regenerative agriculture community and the customers they attract.

"We are so grateful for our work, which keeps me motivated to keep growing."



The saying "see a need, fill a need" rings true with Todd's decision to create his own farm.

This life-changing decision led to a solid understanding of biodiversity, what quality produce means and the importance of connecting with like-minded farmers.

Todd and Lisa relish their continuing journey to bridge the gap between producers and consumers, steeped in a deep ethic to create

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mutual, beneficial relationships throughout the Hastings region and beyond.

Come along to the next market and ask Lisa and Todd about their produce.

Check out their Facebook page and website: www.chef2farmer.com

There are three meat suppliers at Nabiac Farmers' Market and more in the pipeline. Remember to bring your cool-bags to stock up!

Market News

The June market was another huge success, in fact there has been a succession of bonza market days! All thanks to amazing stall holders, a committee with their finger on the pulse-beat, a community dedicated to local produce and great weather of course.

The Hall is undergoing more repairs, this time in the roof above the supper room and kitchen. This means the hall will be closed for at least the next 3 markets.

We are lucky to have Rod Thomas's crew working on the project and great people at council to support the market in this process.

Keep an eye on our Facebook page for info about the August workshop.

All stalls will be outside, so save the rain-dance for days either side of the market!

A temporary kitchen for the market BBQ will be in Bernie's Hut, which we have scrubbed and sorted ready for the July market.

There will be toilets available, however apologies for the disabled toilets being unavailable during the hall repairs.

Check out our amazing range of stalls...

- *wine *cheese *plants *culinary delights
- *relish & spices *pasture-raised beef, chicken, pork & eggs
- *3 meat suppliers
- *natural skin care *honey *2 coffee vendors *plants *tea
- *scarves & hats from locally produced and hand-spun wool
- *unique artisan wares *baby clothes *aprons *potholders *art
- *fresh produce *seedlings *woodwork
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We regularly post info and updates on Instagram and Facebook. Follow us to stay informed with market happenings and feel free to share our posts!

Thank you to everyone in our community for making our market great. Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all. See you at the next market.

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



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The amount of china and glass wear and cooking dishes to choose from is mind boggling. Even the linen press and clothes closet can be topped up with linen, blankets, and ladies', men's and kids' clothing and shoes.

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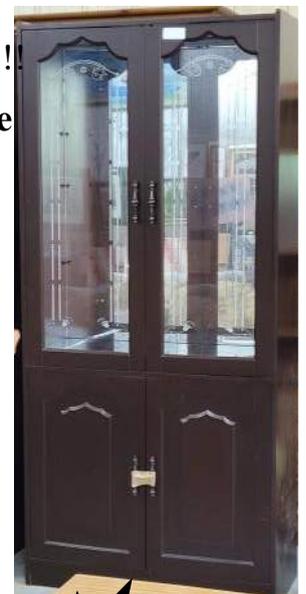
Here are some ideas of the types of goodies available



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Hi There everyone, how are you faring during winter?

Has your immunity taken a hit with seasonal bugs? Eating well is the perfect way to nurture and boost your immune system. Crisp weather is a great opportunity for baking too. You can have these delicious stuffed apples baking in the oven, whilst a hearty soup is simmering on the stove, it's the perfect way to stay healthy and stay warm.

BAKED APPLES RECIPE:

- 2 red apples, I used royal gala
- zest of 1 orange
- 1 tbsp freshly squeezed orange juice
- 2 tbsps sultanas (or dried fruit of choice) - choose preservative free
- 1/2-1 tablespoon hemp seeds
- Flax meal or LSA
- 1/2 tablespoon chopped almonds or almond meal



1/8 tsp cinnamon to add to the mix, and a little to dust with when serving

knob of butter or coconut oil to brush the top before baking
 Add your choice of yoghurt, cream, goat's cheese, nut cream, or ice-cream to serve.

WHAT TO DO:

1. Preheat oven to 160c (320f)
2. Add your dried fruit, orange zest, orange juice, almonds and hemp seeds to a dish and mix well.
3. Core the apples, divide the dried fruit mixture between the apples, packing it in tightly and place on a baking sheet in a ceramic dish.
4. Brush with a knob of butter or coconut oil and bake for around 30 mins. You can cover with natural baking paper, or cover with a lid, then remove and bake for another 10 mins.

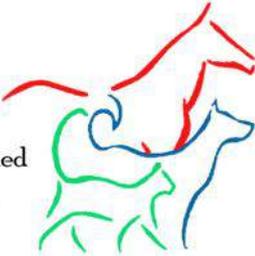
This is a flexible dish, choose your own add-ins:

- shredded coconut
- nutmeg, clove, or spices of choice
- dried apricots, mango, or dates

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APPLE NUTRITION INFO:

Apples are a super healthy food, humble but mighty! They contain prebiotic fibres, for feeding your beneficial gut bacteria. They contain antioxidants, vitamin C and small amounts of minerals such as potassium and copper.

*Note, that much of the vitamin C will be depleted by cooking, so munch on some fresh fruit, tomatoes, or capsicum during your day too.

All the ingredients in this dish are beneficial. Feel free to check out the full blog, just head to the website and type "Baked Apples" into the blog search.

HERE ARE MY 10 TOP TIPS FOR GOOD HEALTH

1. Eat plenty of veggies and fruit, from our local stores, growers, and Nabiac Farmers' Market, and avoid processed food
2. Consume fermented, probiotic foods and drinks: Yoghurt, kombucha, sauerkraut, etc
3. Express gratitude, this has proven health benefits
4. Spend time outside & exercise
5. Avoid high-heat cooking & cook with herbs and marinades
6. Grow fresh herbs and add to all savoury meals
7. Drizzle Extra Virgin Olive oil on meals (Aussie oil in dark glass)
8. Include lemon, garlic, ginger, and turmeric + black pepper in your meals
9. Have a good sleep routine
10. Reduce toxins: Read labels and increase awareness. Toxins, such as fake fragrance in our laundry liquid, can be pose considerable threat to our health, especially the thyroid, endocrine system. Leading to a plethora of issues including weight gain and autoimmune disorders.

If this article has raised questions and you would like to know more, simply message me with your questions and/or to arrange a time to chat.

FB messenger or via the website are the easiest ways to reach me.

Laura x

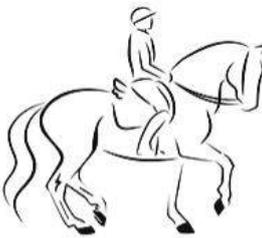
Head to the website for blogs: Recipes, gut health & healthy living.

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

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



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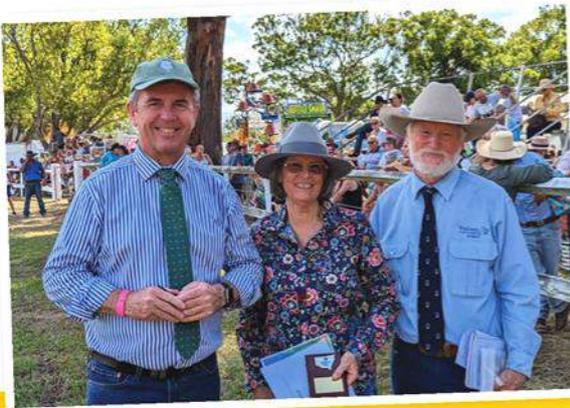
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Welcome to Deb's Gardening,



I have been spending about 2 days a week in the garden; it's about all I have time for at the moment, thank goodness winter is a slow time but there is still plenty to do, and with the bureau releasing the El Niño alert it's time to get serious and drought prepare.

What does that mean for me and my garden? It means I have to stop buying plants that are not drought tolerant, and prepare the soil. No more planting annuals. Annuals are plants that only live for a year such as pansies, petunias etc and are great fillers for that bare spot in the garden but annuals require more watering than most plants. Most native plants are drought tolerant such as Grevilleas, Banksias, Callistemon, Lomandra (grass plant), Correas, and Westringia just to name a few.

There are a range of non native plants that are drought tolerant such as Camellias, Lavenders, euphorbias, Salvias and Echinacea. I have a row of camellias and they are so hardy, I hardly watered them this season and they put on a beautiful flowering show and are growing strong. I have a lot of salvias in my garden and they all need cutting back this time of year, so time to get onto that.

I have some parts of the garden that have hydrophobic soil, so I have given the soil a good soaking of seasol and soil wetting agent.

Healthy soil contains organic matter that retains moisture longer, even in extreme climates or weather conditions, unlike hydrophobic soil, which is dry soil that does not want to take in water. This happens when the bacterial and fungal life in your soil die off from lack of water. Wetting agents are like a detergent that attracts water to the soil surface, helping it soak in.

I have applied old cow manure that I managed to get from the cattle camps around the farm and applied that to the soil surface and then covered that with a layer of mulch; Cow manure is a great garden all-rounder. Once matured, cow manure can be used on all matter of plants, including native plants as it is low in phosphorous as natives

are phosphorous sensitive, too much can cause stunted plant growth. Because cows eat grass, their manure is perfect for adding structure and increasing aeration in the soil.

I have a lot of pot plants placed in the garden with annuals growing in them, once they finish flowering I might replace them with succulents; succulents require less watering and there are so many varieties to choose from.

I am lucky that we have a big dam below the house which we use to water the garden, and the last drought we had we had plenty of water during the drought but we didn't use it to water the lawn. This year we are putting in an irrigation system for the lawns and a big fire fighter pump. I am going to have green lawns throughout the supposedly dry times as green lawns around the house keeps the house cooler and as we back onto a forestry and if a fire comes through we are prepared. A green lawn will keep the wallabies happy too.

Just a note on one of my favourite fruit that I have growing in the orchard and that I am picking now. The Guava plant - it is only a few years old but this season will be the first pick from the tree. I netted the fruit with sleeve netting, hoping to get some fruit but low and behold I didn't need to net as no wild life touched them. Only the wallabies ate the leaves from the bottom branches. The reason the guava were left alone was because the loquat tree is fruiting at the same time and is being attacked. I am lucky if I get any fruit off that tree. I guess I found out that the loquat tree is a companion plant for the guava tree. It goes to show that a walk in your garden shows so many miracles.

Until next time

Deb

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NABIAC VILLAGE FUTURES GROUP

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

Local news...

'Vintage Magnolia' has relocated from NABIAC Street to the newly renovated old vet building in Clarkson Street. In its place is a new clothing and homewears shop - Shellie's Country Wear. They plan to open on Monday 31st July.

Council staff have been busy mowing and tidying around Woosters Creek bridge and have also installed a dog poo bag dispenser at Memorial Park to encourage dog owners to pick up after their fur babies.

All members of our community are welcome to join us at our next meet. See below for details.

Louise Collins, Secretary nabiavillagefuturesgroup@gmail.com

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NVFG Next Meeting:
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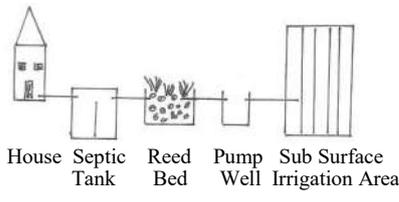
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 A question that may possibly come to mind when you pass by our sanctuary is "why horses", as we have just a few?

A simple question but boy does it hold depth. Horses have a distinctive capability to affect people in numerous ways. And whatever they bring about within you, you cannot dismiss or ignore. They can initiate deep fear and intense anxiety or absolute awe, admiration and a profound love.

Horses being prey animals possess a very natural ability to utilise all of their very unique senses in order to appraise and assess their immediate environment for their safety, continued existence and overall welfare. This highly attuned proficiency is also extremely accomplished in assessing and reflecting a human being's state of emotional and mental demeanour, initiating in us a greater awareness of our thoughts, emotions and behaviours, and why being with horses is described as extremely therapeutic and healing.

Further, there has been increasing documentation of the amazing therapeutic capability of a horse's heart affecting the human heart in a very positive way. They are able to transmit very subtle indicators that encourage us, support us and provide us with the motivation to calm, thereby stepping into a more optimistic state of being.

They respond to us as the unique individuals that we are, and recognise us at our deepest level, accepting us without prejudice. When we interact with these magnificent beings, an opportunity arises for our own personal expansion and greater awareness of our capabilities, which can ultimately result in a reawakening of unrealised talents and potential.

Horses can teach us, guide us, heal us, show us the importance of a down to earth partnership and initiate a catalyst for change—if we allow them.

So when questioned, "why horses", my answer is always, 'why on Earth not'!

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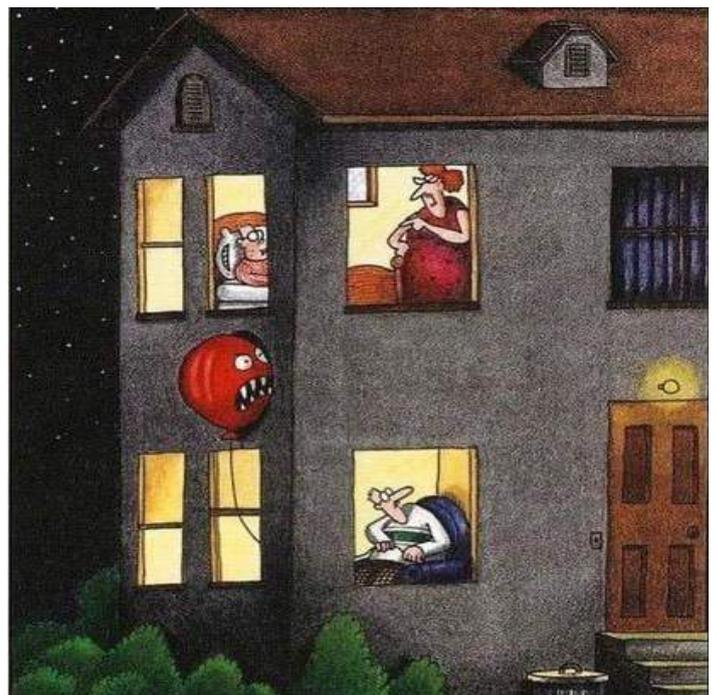


Larry watched, fascinated, as his mother smoothed cold cream on her face.
 'Why do you do that, mommy?' he asked.
 'To make myself beautiful,' said his mother, who then began removing the cream with a tissue.
 'What's the matter, asked Larry 'Giving up?'

The math teacher saw that Larry wasn't paying attention in class. She called on him and said, 'Larry! What are 2 and 4 and 28 and 44?' Larry quickly replied, 'NBC, FOX, ESPN and the Cartoon Network!'

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want very badly to capture him.'
 Larry asked, "Why didn't you keep him when you took his picture ? "

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest. After a few minutes, Larry asked, 'Dad, why are you doing that?' His father replied, 'Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy.'
 Larry, looking worried, said, 'Dad, I think the UPS guy wants to buy Mom!'



"Now go to sleep Kevin, or once again I will have to knock 3 times to summon up the Floating Head of Death"



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REAL KULTCHA

Are we all havin' fun yet? It's already August and if you haven't managed to sort out your New Year Resolutions yet, you'd better get a wriggle on.

I'd like to say here *The Galahs* have kept their act together and whopped those *Baz Balling Poms* to the middle of next year but alas, I can't. Our team has fallen into the trap by trying to out Baz them! Dumb! Dumb! Dumb! In essence what *The Poms* are trying to do is play 20/20 cricket in a Test format. OK, you want to do that the answer for us is to bat as we normally do in a Test Match and bowl defensively: pitch the ball up on the base of off stump and make it as difficult as possible for the batters to get under it. If they want to play 20/20 cricket let them, but they're going to have to take BIG risks. But did we do that? Nope. **DUMB!**

I mentioned several missives ago the creation of a new series of 20/20 cricket competitions in South Africa, Dubai and the USA. The latter comp was played between 13th & 30th, July between six teams: *Los Angeles Knight Riders*, *MI New York* (no, I have no idea what MI stands for), *San Francisco Unicorns*, *Seattle Orcas*, *Texas Super Kings* and the *Washington Freedom*. I'd like to say the series has been a barnburner but Peter, my correspondent in the US, says (and I quote): *Nothing advertised on TV. There are squillions of channels and bugger all on cricket. I will have a look at the internet today.* The idea of a new 20/20 cricket comp in the US may have sounded good over a curry in Bombay but they don't play cricket in the Hew Hess of Hay, there's no tradition, players of any quality or (and did they think about this) fields! It was going to be a tough nut to crack and the owners of the teams had better have **D-E-E-E-E-P** pockets.

On the other side of the gender divide, *The Southern Stars* have beaten *The Poms* for their Ashes. That is great but it also poses the question why do the women play for *The Ashes*? Isn't it time they created their own legends?

The Matildas have begun their run at the Women's World Cup with a win over Ireland and they did it without Sam Kerr, who was injured. How far can they go? Who knows, we'll all just have to sweat it out like everybody else. An interesting sideline to the World Cup was the insistence by FIFA that all references to anything 'cept FIFA, had to go. That meant *Accor Stadium* had to be renamed Stadium Australia, *Allianz Stadium* went back to The Sydney Football Stadium (I'm not making this up) and Melbourne's *AAMI Park* was renamed (would

you believe) Rectangular Stadium! *Anything 'cept FIFA* also meant plaques on statues outside the stadiums had to be covered and that included on statues to Marlene Mathews, Betty Cuthbert, Ken Catchpole, Trevor Allan, Reg Gasnier, Dally Messenger and even Socceros captain Johnny Warren! After we complained (quite strongly) FIFA buckled and the plaques were uncovered. **DUMB** again.

Cameron Smith was shown returning the Olde Claret Jug to the R & A and let it be known he was gearing up to win it again. If only. While he said his game was now better than when he won it last year he has been playing nothing short of badly and was lucky to make the cut. Next year!

The appointment of Eddie Jones as *The Wallabies* coach has not proven to be the winning strategy everybody thought it would be. So far (that I recall because I haven't watched any of the games - it's against my principles/religion) they've lost to everybody and they'd better not play any Under 10's girls team from anywhere across the country 'coz I'd expect they'd also lose to them! I still don't understand why anybody plays (and I use that term advisedly) the game.

The Tour de France is on again and while I have no idea who the riders are or who they ride for (though I am on the lookout for a young fellow named Booker, the grandson of mate) *The Child Bride* and I enjoy looking at the scenery. Stupidity however, again reigns supreme as in Stage 15 some fool stepped onto the course and tried to take a selfie! The result: three of the defending champion's team went down. Not only do they walk amongst us they also breed.

From the Weird File: On 7/6/1494 Pope Alexander VI divided the world between Spain and Portugal (if you want to check it out, Google *Spain, Portugal and the Pope* for an article by Laurence Bergreen entitled "Over The Edge Of The World" from The New York Times). The upshot was Spain got the New World (South America) and Spanish is spoken across the continent. However, at a recent conference on the Spanish language, Buenos Aires born journalist Martin Caparros proposed - to remove its colonial origins - to rename the language *Namericano*. How do you think *The Spanish Royal Academy* (founded in 1713 and who considers themselves to be the protector of the language) took that? Not well even though less than 10% of the world's half-billion speakers, live in Spain. Wonder if India has read the item?

Talk at you again next month,
The Hillside Critic

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Returning for their second tour with Music in the Regions, Andrew Blanch and Emily Granger combine their solo expertise on guitar and harp to create a unique duo that displays the energy, versatility, and beauty of these much-loved instruments.

In an instrument pairing rarely seen together, this is at once both fresh and familiar. Side by side on stage, the instruments face each other like an enchanted reflection – with striking visual and aural similarities. In this way, the sound world created by these two plucked string instruments is not dissimilar to that of a guitar duo – the harp, with its 47 resonant strings and a collection of extended techniques, providing an expanded range of expressive possibilities to the more common two-guitar pairing.

For more information and to book tickets please visit www.musicintheregions.com.

Tickets are **FREE for under 18s** at all events, making for an excellent opportunity to get young people inspired by classical music. Tickets cost will be \$35 Adult, \$? Senior

Reminder that Duo Blockstix, advertised last month, are playing in Tuncurry on Saturday 4th August in the Memorial Hall at 2:00pm

ABOUT MUSIC IN THE REGIONS

Music in the Regions (MitR) is an independent touring organisation established in 2022 to connect classical musicians with regional audiences and facilitate transformative musical experiences across NSW. These musicians will perform in areas not traditionally visited, reinvigorating regional venues into concert venues, and fostering a vibrant, world-class NSW classical music industry. MitR is supported by the NSW Government via Create NSW, and through private philanthropy.

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Raffle supporting the Public Art Project at the Nabiac Showground

A project has been underway for the last two years to commission and install a piece of public art at the upgraded front entry of the Showground on Nabiac Street.

The vision for this project is to enhance the experience of entering the Showground through a piece of public art that will be accessible to all local residents, patrons to the various Showground activities, tourists and other visitors to the MidCoast region.

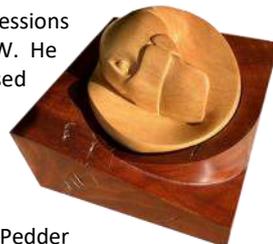
There are a number of visual objectives that the artwork is designed to convey, they are:

- Give recognition to Nabiac's rural history, its First Peoples, and local identities
- Highlight its natural flora and fauna
- Recognise that the world renown poet *Leslie (Les) Allan Murray* AO was born in Nabiac
- Help develop our creative and cultural economy through the drawing power of art

A number of community organisations are supporting the project both with promises of funding and creative support.

The Nabiac Farmers' Market committee is lending their support to the fundraising by raffling a truly unique piece of sculpture created by **John Van Der Kolk**, the very artist who will be commissioned to undertake the art piece at the Showground. (www.vanderkolk.com.au)

John was selected following a call for Expressions of Interest from creative artists across NSW. He is an internationally exhibited sculptor based in Coffs Harbour and has created the prize "Dreams of North Arm Creek", which represents a nesting platypus.



The platypus is carved from 400-year-old Tasmanian Huon Pine salvaged from Lake Pedder and the base is Australian Red Cedar salvaged from a lightning struck

tree. The dimensions of the piece are 150x150x 130mm.

A spokesperson for the Farmers' Market, Mr *Roger Liddle* said, "Supporting the commissioning of this art sculpture fits well within the charter of the Market, which seeks to advance the health and wellbeing of the local community through the ongoing support of local facilities such as community gardens, parks, playgrounds, recreational and cultural amenities".

The prize draw will take place at the Farmers Market in November 2023. Tickets will be on sale at all of the markets leading up to November.

The \$2 per tickets will also be on sale at various locations throughout the Village. Just look for the distinctive poster which highlights the beautiful carving to be won.

CTC@Nabiac 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.

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Exploring the local sights

I've always been a keen bushwalker. When I previously lived on the Central Coast, I ran a very popular Facebook page where I posted photos of the walks I did each weekend.

Since moving up to Kundibakh a few months ago, I've been eager to get out and visit some of the local waterfalls and mountains. So, I thought I'd start a new page where I could continue sharing photos of the amazing places I'd been visiting. The new page is called "Mid Coast NSW Bushwalks": <https://www.facebook.com/MidCoastNSWBushwalks>

So far, the page has covered Potoroo Falls, Sea Acres, Ellenborough Falls, The Hidden Treasure gold mine, Waitui Falls, Flat Rock Look-out, and Big Nellie. Each of these are only relatively short walks, but most are about an hour's drive away.

So, if you're into bushwalking and nature, check out my page and see where the latest adventure has taken me to in this beautiful area we live in!

Anthony Dunk



Manning Great Lakes Birdwatchers Inc.

is a local club, meeting twice monthly in a local forest, park or beach area to observe our many species of local birds. We are a friendly group & welcome visitors to join us on an outing for free, after which you may decide to join our club. Annual membership fee is only \$25 single, or \$45 a couple, aligned with the financial year. Our calendar of outings is on our web-page on the 'nabiac.com' website under 'clubs'.

The Lower Manning Valley surrounding Taree and the Wallis Lake area around Forster / Tuncurry are each a paradise for birdwatchers. Numerous National Parks, State Forests and Nature Reserves contain a variety of natural vegetation types including rainforest, woodland, coastal heath and tidal estuaries hosting many species of birds.

The Lower Mid North Coast is fringed by endless kilometres of white sandy beaches, crystal clear waters and rugged cliffs providing many opportunities to view seabirds as well as dolphins and whales. Many species of waterbirds, bushbirds and raptors, including nests, can be viewed along the pristine waterways of The Manning River or Wallis Lake.

Contact for more information is **Brian McCauley 0431 878 395**



I wonder how fast this ostrich was going when it hit the fence!



Lyn's Larder

·BRAISED PORT WITH FRESH SAGE

(OLD WOMEN'S WEEKLY COOK BOOK)

Pork is still a reasonable price and it is still cold enough for this dish

INGREDIENTS

90g	Butter, chopped
1.5kg	Rack of pork, rind removed
2 med	Carrots (240g) sliced thickly
6 baby	Onions (150g) peeled
4 cloves	Garlic, peeled
2	Bay leaves
6 sprigs	Fresh thyme
1 2/3 cups	Dry White Wine (410mls)
1/3 cup	Chicken stock (80mls)
1tbsp	fresh Sage leaves

METHOD

Preheat oven to 180°C (350°F)

Melt butter in large flameproof baking dish, cook pork until browned all over. Remove from dish. (stove top)

Cook carrots, onions, garlic, bay leaves and thyme in the same dish, stirring until browned. Return pork to dish with 1 1/3 cups of the wine. Roast, uncovered about 1 1/4 hours or until cooked as desired.

Remove pork from dish; cover & keep warm
Strain cooking liquid from dish into small saucepan, discard vegetables. Add remaining wine and stock to pan; bring to the boil. Reduce heat, simmer 5 minutes. Stir in sage. Serve pork with sage sauce.
Serve with roasted baby new potatoes and cherry truss tomatoes.

Being a 'waste not' I would also keep and serve the carrots and onions.



Studies show that cows produce more milk when the farmer talks to them. It's a case of in one ear and out the Udder!

Did you know- if an employee of Google dies, their spouse will receive half their pay for 10 years as well as stock benefits and children will receive @1,000 a month until they turn 19.

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BASIX & council submissions

Snippets Nationals Dr. Gillespie

Forster-Tuncurry Marine Rescue will undertake a further upgrade of its equipment thanks to funding announced today by Federal Member for Lyne Dr David Gillespie.

“The funding had been made available under the 8th round of the Australian Government’s Stronger Communities program which provides \$150,000 in assistance towards local community projects in each electorate across Australia,” Dr Gillespie said.

“The Club has secured \$2,500 towards the cost of two new laptop computers which will assist with training and Marine Rescue’s operations,” Dr Gillespie said.

The Forster-Tuncurry unit has 100 members, each involved in various capacities of volunteer service including crewing rescue vessels, operating marine radios and associated computer systems, fundraising, training in all systems and administration duties. This new equipment will allow them to efficiently carry out their operations to meet current standards.

Dr Gillespie said this round of funding was designed to support volunteer and community groups which weren’t able to fundraise or haven’t the means to provide matching funding.

TUNCURRY BOAT MAINTENANCE FACILITY CLOSURE: URGENT CALL FOR FUNDING REINSTATEMENT

Tanya Thompson, Member for Myall Lakes, expresses her immense disappointment regarding the indefinite closure of the Tuncurry Boat Maintenance Facility (slipway). In February 2021, The NSW Government announced \$4.9 million of maritime stimulus funding for the upgrade of the Tuncurry facility, which has now been unexpectedly reallocated to another port in NSW.

For over a century, the Tuncurry Boat Maintenance Facility has played a vital role in supporting the local fishing community and recreational boaters. However, the existing slipway has succumbed to deterioration, lacking adequate environmental controls to safeguard the surrounding marine environment. Consequently, Suzie McEnally, from the Wallis Lake Fishermen's Co-op, has had no other choice but to close the slipway due to safety concerns.

TAKING A STAND FOR THE REGIONAL SENIORS TRAVEL CARD

Seniors across the Myall Lakes are coming out in force, to take a stand.

Tanya Thompson MP, Member for Myall Lakes, and Dugald Saunders MP, Leader of the NSW National Party, hosted a public meeting to address the recent decision made by the Labor government to axe the Regional Seniors Travel Card. The meeting shed light on the detrimental consequences of this cancellation and emphasised the urgent need for its reinstatement.

“The Regional Seniors Travel Card had been a lifeline for seniors residing in regional areas, providing them with affordable and accessible transportation options. However, the cancellation of this essential program will leave many seniors without an affordable means of traveling within their communities and beyond,” Mrs Thompson said.

TANYA THOMPSON MP ADVOCATES URGENT ACTION TO ADDRESS SAND SHOALING IN WALLIS LAKE

Tanya Thompson MP, Member for Myall Lakes, is calling for immediate action to address the ongoing issue of sand shoaling in Wallis Lake, Forster, which has had severe implications for the local community, businesses, and tourism.



LONG TERM LEASES COULD HELP RENTAL CRISIS

MidCoast Council’s Mayor, Claire Pontin, is appealing to owners of rental properties that are normally let as short term or holiday accommodation, to consider longer term rental agreements rather than short-term leasing to assist in the housing crisis being experienced in the MidCoast.

Mayor Pontin said Council is hearing from local industry and business that the lack of rental accommodation is having an impact on their ability to recruit staff, which is having a knock-on effect on our local economy.

“The lack of housing is slowing growth in the economy, and limiting infrastructure and provision of vital services,” Mayor Pontin explained.

MidCoast Council are appealing to owners of rental properties to consider something new that could potentially ease the demand while in the meantime, more new homes can be built.

MidCoast Mayor, Claire Pontin, suggested the area’s ratepayers and investors contribute to the future of the region by converting short term or holiday accommodation to long-term, two-year leases.

RATES NOTICE TO NOW INCLUDE WATER AND SEWER CHARGES

MidCoast Council ratepayers will notice an increase in the total of their rate notices with their annual water and sewer charges now included on their annual rate notice.

The new billing arrangement came into effect on 1st July 2023 and is part of Council’s commitment to improving efficiencies in the way they do business.

Director of Corporate Services, Steve Embry, said the new arrangement would deliver a number of benefits for both Council and customers.

“From a business perspective, this is going to make our rates and charges system more efficient and cut out unnecessary double handling,” said Mr Embry.

“It also means customers applying for pensioner rebates will only have to apply once, rather than having to apply once for their rate notice and again for their water and sewer account.

“Another benefit for customers is that while they’ll continue to receive a quarterly water account, it will only contain their water usage charges, making it easier for them to monitor and manage the amount of water they’re using. This should help people use water more efficiently, which is something we should all be aiming to do.”

EVENTS AND FESTIVALS SPONSORSHIP OPPORTUNITY

If you’re planning to hold an event or festival in the MidCoast region in the first half of 2024, it’s time to apply to MidCoast Council for sponsorship.

Grants of up to \$10,000 are available for medium to large events and festivals that attract visitors from outside the region and encourage overnight stays, scheduled for between 1st January and 30th June 2024.

“We want to hear from everyone with a vision for an exciting event that will build a sense of local spirit and help put the MidCoast on the map,” said Paul De Szell, Council’s Director Liveable Communities.

“Our sponsorship program supports events that connect our residents and communities, attract visitors to the region, boost the local economy and provide opportunities for cultural, sporting and recreational participation.”

“From music festivals and art shows, to sporting events, food, fashion and cultural celebrations, our events showcase what the MidCoast is all about.”

Apply before 31st August 2023 for your chance to receive sponsorship from MidCoast Council.

For application guidelines and to apply, visit <https://www.midcoast.nsw.gov.au/Community/Grants-and-funding>



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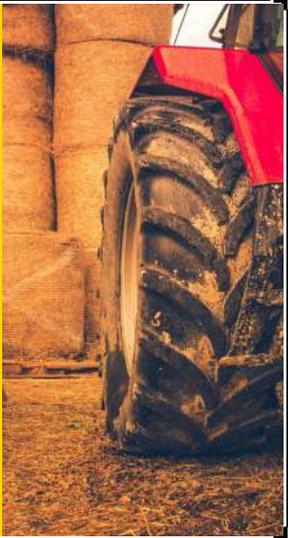
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Good Medicine

Perfect or Not

Do you ever feel that you should be better ... kinder ... more sympathetic ...? We're sometimes dissatisfied with ourselves. For instance in our teens and twenties we're often concerned about our perceived physical 'faults' but by our thirties we're more comfortable and accepting of them... experience speaking. The truth is, continual self criticism does not help our well-being ... mental or otherwise, and it's healthy to realise we are not perfect nor can we be. A quote for our ego comes from John Holmann, "It is well to remember that the entire population of the universe, with one trifling exception, is composed of others".

It is also well to remember that we are important to God and He loved us **with** our imperfections.

Many Bible characters were also imperfect like us ... their stories portraying them warts and all, make great reading! To name just a few of many:

Noah 'found grace in God's eyes', *Genesis 6:8*, and managed to withstand a hundred years of scorn while building the Ark and then dealt with the difficulties of the voyage ... but afterwards he ended up 'drunk and disgraced'.

Abraham, the patriarch of the Israelite race, who obeyed God and left his country at age eighty to travel to an unknown destination, tried to pass his wife Sara off as his sister (she was his half sister) so that Pharaoh would take her and thus save **him** from being killed, *Genesis 13* ... perhaps a less beautiful wife would have been an asset?

God talked to **Moses** face to face and he was called a friend of God yet, in the wilderness, he struck a rock for water after God told him to simply speak to the rock. Thus, by not trusting God, he forfeited entry into the Promised land, *Numbers 20:12*... though God did permit him to view it from the mountain top.

David, the shepherd boy who became King, was called a man after God's own heart, *Acts 13:22*, but he committed adultery with Bathsheba, tried to disguise the resulting pregnancy and eventually arranged her husband's murder.

Of course it's not wrong to try to improve ourselves but we were not created perfect. We are however created by God.

Remember 'The Six Million Dollar Man' TV series? He had nuclear bionic limbs and implants. Well, he has nothing on you! You're unique ... one of a kind ... a genuine marvel of God's creative genius. For example, your tongue has four hundred little taste buds which know the difference between asparagus and lemon meringue pie. Your intestinal system consists of twenty million little mouths capable of digesting almost anything.

Then there's your cooling system ... beats Frigidaire every time ... three hundred and fifty thousand sweat glands per square inch. And how about your sensory system? A network of ten million nerves which send and interpret messages. Nobody else has your voice pattern, fingerprints, or DNA

God chose you before you could do either right or wrong and the days of your life were written before you were born'.

Psalm 39:14 I will praise you; for I am fearfully and wonderfully made.

*Quotes from Word for Today.
The Counsellor*

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

News From The News

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krumbach

August Mass times are Saturday 5th at 6:00pm, Saturday 12th at 6:00pm Saturday 26th at 6:00pm
September Mass Saturday 2nd at 6:00pm
(contact **Helen Legg** on 6559 1211)

Krumbach Bible Church (a ministry of Wingham Presbyterian)

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

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

August Mass time is Saturday 19th at 6:00pm
**** Note: Mass has changed from the 4th weekend to the 3rd.****

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

Hello,
Just letting everyone know that Barb is having a well deserved 3 week break in August. Hope you have a wonderful time Barb. I leave you now with the saying of the month.

*"In the end it is not the years in your life that count.
It's the life in your years."*

"Belinda, Barb & Jess" ♥

Mid North Coast Barrel Racing & Horse Sports Club NABIAC



Nabiac Showground

SUNDAY 13th AUGUST, 2023

8 am to 3:30pm

Canteen
Open



Horse
Rides \$10



Site Costs: \$10 per Car - \$20 per Float - \$25 per Truck
Contact: Jade on 0472 765 568 or Taliha on 0481 166 195

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Some personal message?
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