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# ACROSS THE FENCE



**THE  
LEGACY  
CENTENARY  
TORCH RELAY  
2023**

**PRESENTED BY**

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Health**



## The Legacy Centenary Torch Relay 2023

The Mid Coast has it's turn to be part of the celebrations on **Saturday 8<sup>th</sup> July**.

The **Taree leg of the Relay** will begin near the **Aquatic Club at 10am** and is scheduled to arrive at the **Taree Cenotaph at 10.35am**.

The **Forster Tuncurry leg** will commence at **11.45am** at the **Little Street Memorial** in Forster, with the Torch "kissing" it's way across the bridge and arriving at **Lone Pine Park in Tuncurry around 12.45pm** where a ceremony will be held.

# Happy & Safe Holidays Kids



News from the Wallamba Watershed is a **FROGS BOTTOM PRODUCTION**



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## Editorial.

Hi all,

Winter has definitely hit. I haven't know it this cold since my first winter in the district 22 years ago when it was MINUS 5 and my house pipes froze as did the water troughs for the animals. I am not fond of cold weather ~~AT ALL~~.

A good start to July; end of financial year, so TAX time, the kids are on school holidays again (I'm sure they get more than I used to get); we have lost a few advertisers - retiring, too busy at the moment for new customers or just finding their ads have not been successful but they have been replaced by new ones. My thanks to those who have departed for their support of the paper and I wish them well in their future endeavours.

We have acquired new ones to replace them and they seem to be supplying different goods.

A new restaurant with Brazilian food, sounds inviting. There is an early ad for a Musical Duo's show in August.

We have the excitement of the LEGACY TORCH being run through Taree, Tuncurry and Forster, on part of its around the world trip. Not something that happens every day and worth a possible trip to Tuncurry to see it on Saturday 8th. Legacy does so much for the well being of our departed War Service men and women's families who would be in some troubles without Legacy's support.

**Krambach Hall is having its AGM on Monday 17th**, details on page 31 for those interested in going or joining and helping.

The **Show's AGM is on August 8th** and remember, you have to be a PAID UP member to vote. More members would be most welcome and you can join on the night. Details page 11. Just loved the 'Thank You' card the Pre-school kids made for the ladies at the OP SHOP. With a good eye and imagination you can see it is a drawing of the OP SHOP!

It is the silly season regarding the weather. Watch out for the little grass ticks or paralysis ? tick nymphs. They are out in plenty. I have been mowing and pruning and have them get, somehow, through the 5 layers of clothing I wear. B.... hard to get out (use that great squirt from the chemist) especially as they are usually on my back and I can't get to them by myself.

Keep well and warm 'til next month  
**Lyn, & Timidthy** (Tilley Cat in spirit)



## WHAT'S HAPPENING IN JULY 2023

### Markets & Events.

• Bulahdelah	(1st Sat)	1 <sup>st</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	2 <sup>nd</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	8 <sup>th</sup>	9am to 1.30pm
• Wingham Farmers	(1st Sat)	1 <sup>st</sup>	8am to 12 noon
• Myall Quays	(3rd Sat)	15 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	15 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	(3rd Sun)	<b>16<sup>th</sup></b>	8am to 12 noon
• <b>NABIAC</b>	(Last Sat)	<b>29<sup>th</sup></b>	8am to 12 noon
• Old Bar	(Last Sun)	30 <sup>th</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	30 <sup>th</sup>	9am to 1pm
• Forster Town	(2nd Sun)	9 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	2 <sup>nd</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 <sup>nd</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	15 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 <sup>nd</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	9 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	15 <sup>th</sup>	???
• Wingham Markets—showgrounds		<sup>th</sup>	

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

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

Production: Lyn Reid

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

Well, the Winter Solstice has passed and I'm hoping it will start getting easier to get out of bed in the morning. 1.5 degrees on the back verandah is a wee bit nippy. However, the reward is the lovely sunny days we've been having.

With the cold and drier weather, a lot of the weeds are slowing their growth and even looking a bit stressed. If you are using herbicides, especially spraying, make sure the weeds are actively growing or they may not take up the poison. That ends up being a waste of time and money.

This is a good time to remove *lantana* in areas where soil disturbance isn't a big issue. Get in and get some exercise and PULL it out. *Lantana* tends to be surface rooted so it's often easy to hand pull quite large plants. Scrape the leaf mulch away from the base and look for bigger surface roots so you don't stand on them....experience speaking. Just make sure that no major roots are left to grow back. Push the leaf mulch back over any bare soil.



*Lantana* may not be the worst weed about and it's definitely not the hardest to get rid of but it sure does rip this old lady's skin...so make sure you wear the long gear and gloves. Be on the lookout for the red/orange colour forms of *lantana*. This variation is much more toxic to livestock and is quite prevalent north of here.

If you are doing hand weeding, consider carrying a sturdy old knife in your garden/bush work bucket. Now that the soil is drier it is easy to break off small plants. A quick wiggle of your trusty knife inserted by the stem loosens the soil quite nicely. This is especially important if you are pulling *ochona* (Micky Mouse plant). I bought a set of four heavy duty steak knives from Woolies and they have been great...I haven't managed to break one yet. They're also good if you're scraping and painting stems.



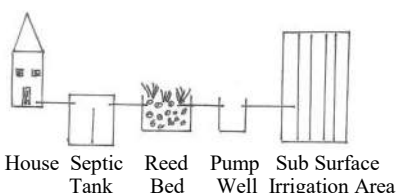
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Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools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

**Liz Rees**

65543196

## Krambach & District Garden Lovers News



This month, on a freezing Monday morning with ice on the windscreen, we visited the home of *Kim & Ray* at Taree West. I am glad to say that the day improved with sunshine and lots of friendship and laughter.

They have a lovely garden with a great outlook, with a water view, a tributary of the Manning River flowing by, and cows wandering in the far off paddock.

The garden is small, but does have a large swimming pool, filled with many interesting plants and objects.

Next month we are going to Cape Hawke. If you love gardening, or just love looking at gardens, why not join us at our club, you would be most welcomed.

Until next time, happy gardening

*Judi*

6559 1375

## ANDREW LATCHFORD CARPENTRY

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## Between the Pages

### Nabiac Library News



Oh my goodness! Where has this year slipped away to? We have now passed the Winter solstice and thus the shortest day of the year. Thankfully, the days will now get incrementally longer. However, we have seen some cold and frosty mornings; good for sweetening up our citrus fruits. It's been great to see local residents sharing their produce at the Wallamba Share Cart located next to the Anglican Church in Clarkson Street. Check them out!

Not only is it the end of the financial year but also time for the winter school holidays to start! MidCoast Libraries offer a range of activities to engage school children during this time. Have a look at what is on offer at MidCoast Libraries Events July Holiday program.

**Needle Punch Embroidery @ Nabiac Library:** Tuesday 11<sup>th</sup> July from 10 am

Nabiac Library offers a fabulous creative activity on Tuesday 11<sup>th</sup> July from 10am - 11:30 am. This activity teaches participants the art of **Needle Punch Embroidery** to create an amazing fox embroidery. This activity is only suitable for children **8 years+** as it does involve the use of sharp instruments, and a certain amount of dexterity. However, the final result is awesome!

To book in please go to <https://library.midcoast.nsw.gov.au/Events> and follow the links.

We look forward to joining you for this fun event. May the fox be with you!



There are a number of other exciting July Holiday events happening around our MidCoast Libraries during the school holidays; these include a number of movie screenings and some other learning opportunities such as:

- Ocean Animal Craft at Tea Gardens Library 5<sup>th</sup> July
- Djembe Drumming workshop at Wingham Library 6<sup>th</sup> July

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## Nabiac Kids' Shack

5 Clarkson Street, Nabiac

0438273360

Before school care: 7am-9am

After school care: 3pm-5.30pm

Vacation Care: 7am-5.30pm

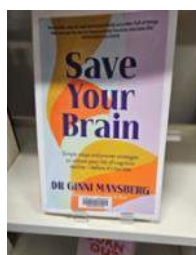
- Kids Bingo at Hallidays Point Library 6<sup>th</sup> July

To explore what's on and to book into any of the events please go to: <https://library.midcoast.nsw.gov.au/Events> and follow the links.

## Health, Nutrition and Well-Being

With the Winter months upon us, those cold frosty mornings remind us that it is a good time to recharge our bodies and find some healthier ways of living. Here are a few items available at Nabiac Library to inspire you and help guide you on the pathway to a healthy new lifestyle.

1. Pain Management for Older Adults. A Self Help Guide
2. How not to die: Discover the foods scientifically proven to prevent and reverse disease
3. The 22-Day Plant Revolution: Plant based program that will transform your body, reset your habits and change your life.
4. Nutrition for Life: the authority on diet and healthy eating for three decades.
5. Food that harm, foods that heal: An Australian and New Zealand guide to healthy eating.
6. Save your Brain: Simple steps to reduce cognitive decline. By Ginni Mansberg.



We hope these ideas inspire you to come and visit us in our lovely, warm library and put some zing in your day.



Stay warm! Stay well and we look forward to seeing in the Library at Nabiac Showground.

We are open

Monday and Tuesday 3 - 4:30pm  
and

Thursday and Saturday 10 - 12:noon

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## Nabiac Village Futures Group

Good to see some work happening in the 'downtown' village area. Our Council staff have been busy tidying up the gardens on the Village Green and doing some maintenance on the bollards in Memorial Park. Drainage continues to be a problem throughout the village. With ongoing wet weather many had been complaining of growth of mould, of muddy edges to streets and difficulty using mowers. Parking around the Oval is very difficult in wet weather. During recent dry weather the Nabiac Oval has dried out enough for mowing and it's now looking good.

Recently we've been discussing an upgrade of **tourism signage in Memorial Park**. You may have noticed an old out of date noticeboard near the Clarkson Street corner and the Police Station. **Colin, Leonie and Bruce** have met with Council staff, discussing the potential for a sign that has a large attractive image of some aspect of perhaps Nabiac or the Wallamba River. We were hoping to attract visitors to the signage, and provide direction and information (regional attraction, public facilities, electric car charging, recreational locations, etc).

Council staff gave an in principle acceptance of such a project in the location where the current sign is located. Materials, size of sign, information, etc. would have to be approved by Council. We are now planning further discussion and investigating costs and design.

Note the change to display and sale of reused and rehomed goods which had been sold at "The Old Curiosity Shop" and 'Vintage Magnolia'. Both businesses which operated in the old Hancock heritage listed buildings next to the creek are no longer there. Best wishes go to **Julianne and Michelle**. It won't be the same without you both chatting with passers by in the sunshine at the shop fronts. Also interesting to note that the large block of land next to the Old Bank Centre has been sold this month. This site had approval granted some time ago for 14 small homes.

Our meetings are usually held the first Wednesday each month, at the Neighbourhood Centre.

Contact us at [nabiacvillagefuturesgroup.com](http://nabiacvillagefuturesgroup.com) or on Facebook at Nabiac Community

Louise



Established in Melbourne in 1923, Legacy is an iconic and uniquely Australian charity dedicated to supporting the families of our veterans. Legacy began in the trenches of the Western Front during World War 1, when a soldier said to his dying mate "I'll look after the missus and kids".

This became known as **The Promise**.

Legacy Australia has kept The Promise alive for 100 years by ensuring families in our care can fully realise their potential through advocacy, education, financial and emotional support.



<b>Saturday</b>	<b>8th July, 2023</b>
<b>Taree</b>	<b>Aquatic Club 10am</b>
<b>Cenotaph</b>	<b>10:35am</b>
<b>Forster</b>	<b>Little Street Memorial 11:45am</b>
<b>Tuncurry</b>	<b>Lone Pine Park 12:45pm</b>

We are celebrating 100 years of Service this year with The Legacy Centenary Torch Relay 2023 which is being sponsored by Defence Health. Commencing on Anzac Day 2023, The Torch Relay left Pozieres, destined for the Club in London. It is currently touring throughout Australia where it will visit all 44 Australian Legacy Clubs.

**Fun Facts:** The Centenary Torch Relay will travel over 50,000 kilometres, through 100 locations, and will be carried by approximately 1,500 Torch Bearers.

The Mid Coast has it's turn to be part of the celebrations on **Saturday 8th July**.

The **Taree leg of the Relay** will begin near the **Aquatic Club at 10am** and is scheduled to arrive at the **Taree Cenotaph at 10.35am**.

The **Forster Tuncurry leg** will commence at **11.45am** at the **Little Street Memorial** in Forster, with the Torch "kissing" it's way across the bridge and arriving at **Lone Pine Park in Tuncurry around 12.45pm** where a ceremony will be held.

We invite you to bring your cheering voices of encouragement and your cameras, and join us along the way.



Lest we forget.

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## MINIMBAH MATTERS



**Minimbah Rural Fire Brigade** feels the need to remind everyone that you must notify your local Fire Authority of your intentions to burn at **least 24 hours** before lighting up.

This is a year-round requirement.

The Fire Authority for our Brigade Area is the NSW Rural Fire Service (RFS).

You are also required to notify all adjoining neighbours, including those separated by a road, lane, waterway or fence. Your neighbours may be exposed to the smoke from your burn and may need to make special preparations to avoid any negative impacts on medical conditions, on sensitive crops, livestock and pets, or even the sheets on the clothes line.

Same deal – all year round.

During the Bushfire Danger Period you will require a free Fire Permit, with the rules and conditions being stricter - because the risk is considerably higher.

**At least 24 hours prior notice** does not change.

Our suggestion would be to make life easier for yourselves by doing your pre-summer cleaning up and preparing now, in the cooler months. You may have noticed that the RFS have been carrying out some hazard reduction burns around the District in the past couple of months. We aim to practice what we preach.

A couple of things to remember with regards to the giving notice issue:

- **At least 24 hours'** notice doesn't mean you only have 24 hours. Focus on the **at least**. If you plan to be doing some burning on-and-off for a couple of weeks, starting, say, "Friday week", at this time of year we would suggest you start letting your neighbours know now and explain that the anticipated starting date may change due to weather conditions. They will be in the same boat if they are planning to burn, so they will understand.
- **Online** notification to the RFS is very convenient, simple, and it immediately provides you with proof that you have notified them. You can do this well before you plan to light up, so do it early and then you don't have to think about it again. In this hypothetical case, "Friday week" would be your planned light up date and give yourself a 3-4 week window of

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opportunity by stating the end of burn date well in advance. As long as you carry out your burning between those dates, you have prepared well, have double checked the weather conditions and predictions, and you do not let your fire escape your property boundaries, you are "looking good".

Thank you in advance, and well done.

**Online notification can be done at [www.rfs.nsw.gov.au/notify](http://www.rfs.nsw.gov.au/notify)**

- If you do not have the facilities to provide online notification, you can give your **early notice** to the **NSW RFS Mid Coast Fire Control Centre on 1300 643 262**.

The office is contactable Monday to Friday, 8.30am to 4.30-pm.

While on the subject of online things, for help preparing your home and family for bush fires, go to **[www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)**

The majority of our Brigade Area is rural or semi-rural, so we do not have what many think of as luxuries, such as "towns water" and sealed roads. Another thing we do not have is water hydrants on our nature strips. That's what the little blue marker in the middle of the roads are for – to show emergency services where to find a water point in a hurry. These points are only accessible with a special connection which is carried on fire trucks etc., and they are in a "hole in the ground" which is covered by a steel plate. ***If you have one out the front of your place, please do not cover it or let the grass grow over it.*** We won't be able to find it in the dark, but the ants will. There is usually moisture in there, and no-one disturbs these industrious little critters, so it is as cosy as can be for ants to build their nests. Makes it a bit tricky for us when we need to fill the water tank on the truck though.

Report unattended fires to  
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***Remember, an ounce of prevention is worth a pound of cure.***

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## NEWS FROM NABIAC PUBLIC SCHOOL



Where has this year gone?? Hard to believe we are already halfway!!! It has been a busy month at Nabiac Public School with the students attending some very exciting excursions and interesting community events.

This month, our students participated in public speaking finals. The speeches were all well written and executed with confidence. Congratulations to the winners, **Heath Murray** and **Madison Yarnold**, who went on to speak at the Regional Finals at Tinonee Public School where Heath came second. Well done!!!

Students in years 5 and 6 were fortunate enough to travel to Forster Public School and participate in **RYSTEM**. RYSTEM is presented by Forster Rotary Club and aims to give students fun, hands on opportunities to practice science and engineering skills.

Stage 3 also had the pleasure of travelling to Forster High School to support their high school peers and attend their Musical production, "We Will Rock You". By all accounts, it was a fantastic event with the audience singing along and tapping their feet. Thanks for the invite!!!

We are celebrating **NAIDOC Week** the last week of term at Nabiac Public School. Aboriginal students have been working on artworks that represent, "What Nabiac Means to Them". These artworks are part of the Forster Aboriginal Education Consultative Group and the local community of schools, art exhibition. Participating students were lucky enough to travel to the Forster Art Gallery to be involved in the opening of the exhibition.

We will be holding our NAIDOC Day Assembly on Friday, 30<sup>th</sup> June. This will be followed by a sausage sizzle. This years NAIDOC theme is "For Our Elders".

Our last day of term is Friday 30<sup>th</sup> June. School staff resume on Monday, 17<sup>th</sup> of July and students resume on Tuesday, 18<sup>th</sup> of July. Please keep an eye on our School over the school holidays and report any suspicious activities to the police.

Jodie Neville



### Duo Blockstix Bring World Premiere Work to NSW Coastline

Following a successful 2022 tour with Andrew Blanch & Emily Granger, Music in the Regions will return to the Mid-North Coast as part of their Winter Tours, featuring the vibrant Duo Blockstix. Comprising of Alicia Crossley on recorder and Joshua Hill on percussion, Duo Blockstix will perform the world premiere of a new work by Anne Boyd as part of their *Sylvan Soundscapes* program. Exploring themes of love, reflection, magic, and even pencils, audiences will be captivated by this duo's unique pairing.

Bringing together music from medieval minstrels, baroque madrigal masters, and contemporary composers, this tour will perform at Tuncurry on **Saturday 5th August at 2:00pm in the Tuncurry Memorial Hall**

For more information and to book tickets please visit [www.musicintheregions.com](http://www.musicintheregions.com).

Ticket cost will be \$35 Adult \$30 Senior and FREE for under 18s. Tickets can be booked via the website and will be available from this Tuesday.

### GENERAL INFORMATION

The recent well published Sunday power outage is a result of the supply to Nabiac not having significant upgrades for perhaps 50 years. In short we are using much more and running out of power. To remedy this situation some time ago, we had a similar Sunday without power. This was to replace many poles between Nabiac and the Failford intersection with taller poles and additional cross arms. The most recent interruption was to run the new lines in that section. It was considered too dangerous to run the new lower lines whilst the upper high voltage lines were still in operation, an understandable caution.

Power crews from as far afield as Stroud and Coffs Harbour were involved to ensure all went well on the most suitable day (for many reasons) for the work to be carried out. However, when time came to reconnect, trouble arose at Port Macquarie when switching gear refused to function correctly causing a slight delay

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## WALLAMBA CWA REPORT

The Wallamba CWA June meeting saw almost a full complement of members with 12 of the 15 members present and they were welcomed by President *Margaret Weller*, who opened the meeting at 10.05am with the usual formalities, which was then followed by a minutes silence on the passing of friends and family members including Mrs *Anne Gribble* of Wingham CWA Branch at the age of 93yrs (Anne was a friend of our members *Norma Flood* and *Pam Muxlow*), *Col Humphries* of Taree, *Fay Butler* formerly of Nabiac and lately of Wingham, Mr *Ron Clarke* of Krumbach, Mrs *Lillian Somerville* also of Krumbach, *Brian Waller* of Forster who was Pam's cousin, *Helen's* husband and the victims of the tragic Hunter Valley Coach Crash. Celebrities also remembered on their passing were *Tina Turner* and *Mick Gibbs*.

Member *Jill Hammond* provided our thought this meeting and it was **“Don't be pushed by your problems – be led by your dreams.”** Beth has offered to bring July's thought.

Correspondence this month included advice on how to protect member's privacy when sending emails to more than one person, something we cannot be complacent about, and how we need the extra security when doing so.

An invitation was also received from Wauchope CWA who will be celebrating their 85<sup>th</sup> birthday 18<sup>th</sup> August. It is hoped that some of our members will be able to attend as this is indeed a great milestone to celebrate.

Treasurer *Jenny*, who had recently attended the 2023 State Conference in Bathurst along with member *Merle*, gave us an update of the Association's properties etc. and told us new Auditors have been engaged by HO. We have been informed that our membership fee is to rise to \$47 when next due in September.

Handicraft Officer and our other delegate to Conference spoke about the Handicraft on display there and what is planned for next year's competitions. Although the Branch had several items go on from Group Competition, including *Fay's* crocheted rug and *Coral's* delightful felted giraffe picture – for which she received special

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mention – we couldn't snare any of the major places. Merle advised us that next year's joint handicraft project is *Four Spectacle Cases* to be put into a zip bag and there is also going to be a special class for Gold Thread work which is used a lot for church garments.

Penny continued her International talks on Latvia which is soon drawing to a close as in October we will be advised of our next country of study. In the interim we will be focusing on the South Pacific area.

Our Cultural item from Penny was on the history of the “The King's Birthday Long Weekend in June and about the Trooping of the Colours. This ceremony was begun by King George 11 back in 1748. Our current King Charles 11 celebrates his birthday 14<sup>th</sup> November (he was born in 1948).

Our new cookery schedule for 2024 has been released and Officer *Beth* will talk about it at July's meeting.

The Primary Product for 2024 is Hemp and Ag & Environment Officer *Coral* is already researching this plant and I am sure we will hear some amazing facts on it over the coming months.

Several members will have attended the Group Handicraft and AG & Environment meeting hosted by Forster CWA on June 29<sup>th</sup> by the time this report comes out in print.

We will hear all about it at the July meeting from those who went.

*Penny* brought along her bushfire survival kit of a crank radio which could do a multitude of things – you could even re-charge your mobile phone- a natty bit of gear to have in case of emergency.

Happy Birthday wishes to members *Jenny A*, 2<sup>nd</sup>, *Merle* is also celebrating on the 2<sup>nd</sup>, *Fay* on the 5<sup>th</sup>, with Happy Wedding Anniversary wishes to *Merle and Fred Barber* for their 62<sup>nd</sup> on 10<sup>th</sup> June and to *Coral* and her hubby on their 49<sup>th</sup> anniversary on 15<sup>th</sup> June.

The next meeting will be held 2<sup>nd</sup> Tuesday of the month at the usual time of 10.00am and the normal venue, Nabiac Village Community Church Hall opposite the Showground. New members are most welcome to come along.

**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,

We hope everyone is keeping warm. Winter has definitely arrived with cold mornings, beautiful sunny days and very cold again at night.

On Thursday 1<sup>st</sup> of June, 2023, we had a visit from the beautiful little ones from **Nabiac Pre-school**. They came in for a shopping trip. They selected items that they needed and the ladies gave the kids their purchases as a donation from the Op Shop to their Pre school. The kids were thrilled.

All the volunteers on that day had a great time with the kids, helping them with their shopping.

The kids loved all the ladies and had a wonderful time, they were very grateful for their items.

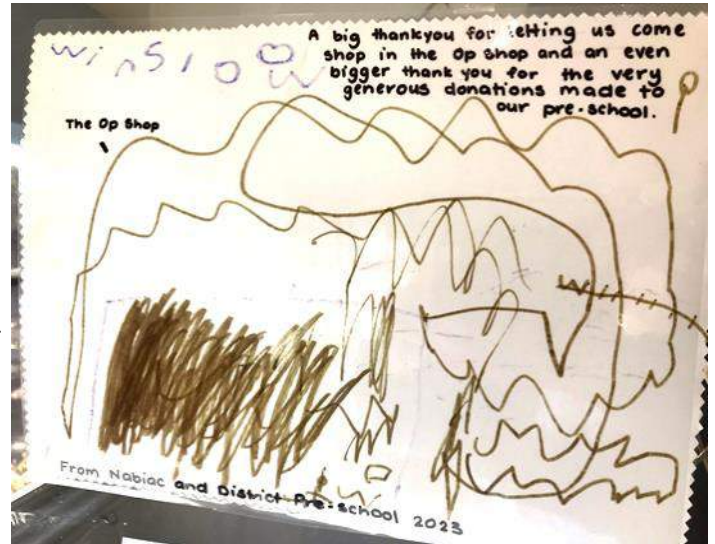
The kids made a thankyou card and gave it to the ladies on Thursday and we have it displayed in the op shop.

I'm not sure who enjoyed the morning more the kids or the ladies.

We wanted to show everyone the thankyou card from the gorgeous little pre-schoolers.

Kind Regards

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



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#### News from Muse

As the launch of **Inner Muse Art Academy** approaches, we are busy getting everything in order, finalising details and recruiting new Tutors.

Bookings have been going well, but if you are interested in art classes, specifically intended 'For artists and aspiring artists, delivered by artists', here is the program of classes we have available. With a ratio of 4 students to one tutor you will learn so much.

**Saturday July 1<sup>st</sup>**, 9.30-12.30. 'Water colours with Sonja Ridden'. Cost \$110 inclusive of materials and refreshments.

**Saturday July 8<sup>th</sup>**, 9.30 - 12.30 plus Sunday July 9<sup>th</sup>, this is a 2 morning lesson, 'Pastels with Vicki Bullard'. Cost \$125 Inclusive of materials (small additional charge for specialist paper) and refreshments.

**Sunday July 23<sup>rd</sup>**, 9.30 - 12.30, 'Silk painting with Constance Bond'. Cost \$110 inclusive of materials and refreshments.

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**Sunday August 6<sup>th</sup>**, 9.30-12.30, 'Drawing with Christopher Rigley'. Cost \$110 all materials included as well as refreshments.

**Saturday August 19<sup>th</sup>**, 9.30-12.30, 'Mixed Media with Leigh Hooker'. Cost \$110 inclusive of materials and refreshments. HHHH

**Sunday August 27<sup>th</sup>**, 9.30-12.30, 'Gelli printing and jewellery making with Christina Kirk'. Cost \$110 inclusive of materials and refreshments.

Artist Christine Onward will be teaching Acrylic Art, the date is yet to be finalised.

For all enquiries or bookings either drop into Muse Art and Crafts between Thursday and Sunday (10-3pm), or email innermuseartacademy@gmail.

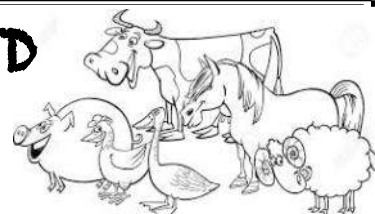
We look forward to helping you on your art journey.....who knows where it will take you?

Kind regards,

*Janice Dance*

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## Nabiac Memorial Neighbourhood Centre Association



The Neighbourhood Centre Committee are discussing funding of the Futures Group's proposal of new Nabiac and Wallamba information signs to promote Nabiac and the Wallamba. The little old sign in Memorial Park has seen better days. Members have been looking at what's set up in other towns and discussing use of [www.nabiac.com](http://www.nabiac.com) linking destinations and business by QR codes and what we could display.

If you are interested in joining in our conversation let us know and we could bring a group of people together to contribute to this plan. [secretarynmnca@gmail.com](mailto:secretarynmnca@gmail.com)

Lets go back 20 years and take a look at the news from the Wallamba.

Well, the pool did get finished a few years later and then the funds went to solar water heating, blankets for the pool, assistance with pump costs and installation of security cameras. The number of volunteers continued to grow as did the donations of items to the Shop. A big thank you to all who have volunteered their time at the Op Shop over the years.

Contact us on 0409 585 635 or email to [secretarynmnca@gmail.com](mailto:secretarynmnca@gmail.com)

**Louise Collins**, Secretary

## Fundraising will go on when pool is built

THE happy team of volunteers who operate Nabiac's "Second Chance" opportunity shop wound up their year with a Christmas lunch at the new Wallamba Café.

About 15 volunteers, all good friends, operate the op shop, which is a fundraiser for the Nabiac community swimming pool.

Second Chance, in Nabiac Street, is open from 9am until noon, Mondays to Saturdays. It has been operating in the same location since 1994.

The shop has been a vital fundraiser for

the pool project over the years, and when the pool is constructed, will continue to fundraise to help with ongoing costs and maintenance.

A spokesperson for the group, Eleanor Carrier, said the Second Chance team members all enjoy volunteering at the shop, and invite members of the public to drop in, have a look around and a chat.

Donations of items which can be sold in the shop are always welcome. Stock includes clothing, bric a brac, accessories, toys and so on.



**Volunteers celebrate:** Pictured at their Christmas lunch at the Wallamba Cafe last week were (left side, from front) Nancy Fraser, Mary Bush, Eleanor Carrier, Teena Forwood, (right side, from front) Patsy Maurer, Julianne Woolnough, June Rennie, Rita Lovett, and Lina Ingram.

## Show News

The **Annual General Meeting** for the Wallamba District Agricultural and Horticultural Association Inc. will take place on the 8<sup>th</sup> of August, 2023. It will **NOT BE HELD AT**

**THE NABIAC SHOWGROUNDS** due to the extensive renovations that are taking place. The AGM will be held at the Nabiac Second Chance Opportunity Shop rooms, commencing at 7.30pm.

Membership forms are available via the shows website or by phoning me on 0404 96 779. Payment of the \$10.00 membership subscription can be made on the internet to the Wallamba District Agricultural and Horticultural Association Inc. - BSB :012626, Account Number: 236407894 or by sending your completed form to me via the Post Office in Nabiac. If you have any queries, comments or questions, please do not hesitate to phone me.

**July AND ALL FUTURE GENERAL MONTHLY MEETINGS FOR THIS YEAR** will be held at the Nabiac Second Chance Opportunity Shop.

**Carol Baines** – WDA&H Secretary

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## THEILERIOSIS ON THE MID NORTH COAST



### What is Theileriosis and how can my cattle get it?

*Theileria* is a protozoan (a microscopic parasite) which invades the red blood cells of cattle and destroys them, causing anaemia (a shortage of red blood cells). It is carried by the bush tick and transmitted to cattle when these ticks feed on them. It is thought that it can also be transmitted by other biting insects such as lice, or from sharing needles between cattle, but the primary mode of transmission is by ticks.

### Who is most likely to be infected?

The bush tick (the main carrier of *Theileria*) is found along the coast of NSW, and therefore cattle along the coast are more likely to have built immunity to *Theileria*. The cattle most likely to get sick from *Theileria* are those with low immunity to parasite, which is most likely to occur in the following three groups:

1. Cattle purchased from inland areas with low tick prevalence that move to the NSW coast (immunity hasn't been built against *Theileria*)
2. Before and after calving: cows may already be infected with *Theileria* but not show symptoms until around calving time when immunity is low.
3. Calves aged between 6 and 12 weeks: during this time calf immunity is at its lowest.

### Signs and Symptoms of Theileriosis

Historically, infection with *Theileria* didn't cause illness and was generally considered a benign condition. However, over the past few years there has been an increase in the number of cattle becoming sick from infection with *Theileria*, possibly due to the increasing prevalence of a different strain of *Theileria* that causes more serious disease. Those cattle who experience disease will most commonly have the following signs:

- Pale or yellow third eyelids, gums or vulva (the vulva is the most reliable place to check)
- Weak or lethargic cattle
- Exercise intolerance (back of the mob)
- Loss of appetite
- Abortion may occur.
- Down cows

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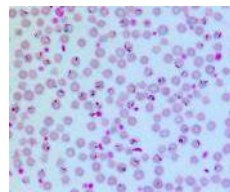
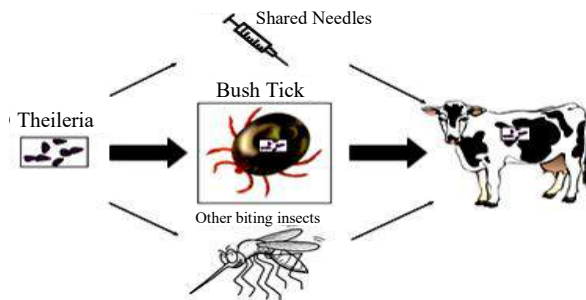
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Purple *Theileria* visible under the microscope on red blood cells

### Diagnosis and Treatment

Theileriosis is diagnosed by taking a blood sample. This will tell your Vet whether there is anaemia (shortage of red blood cells), and the *Theileria* may be seen inside the red blood cells under the microscope. There is still no treatment that is 100% effective against

*Theileria* in Australia, and treatment is generally only successful in mildly affected animals. Current treatment options include drugs called oxytetracycline and imidocarb,

and blood transfusions can be done for valuable animals. Some of our patients with severe Theileriosis have required multiple blood transfusions to survive. Supportive care/nursing is also important, which involves easy access to feed and water, minimising moving/handling/stress, shade and rest.

### Top Tips to Avoid Theileria on Your Farm

- ♦ Source your cattle locally – don't buy cattle from inland where there is no exposure to, and therefore no immunity from, *Theileria*.
- ♦ If you do introduce cattle from inland, closely examine them when they have been here for 3-8 weeks.
- ♦ Closely inspect your calves when they are 6-12 weeks old.
- ♦ Keep up good nutrition and good condition on your cattle – they will be less susceptible to the disease.
- ♦ Avoid stressing stock at times when there is a high risk of disease (summer)
- ♦ Tick control: the aim of this is to reduce the 'load' of *Theileria* to give your stock time to build up resistance.
  - Chemical treatment
  - Clear scrubby, overgrown country where possible
  - Manage calving times to ensure calves are born in Winter and therefore stronger and heavier by the time the ticks are active (Spring/Summer)
  - Prevent stock access to areas where native hosts (e.g., wallabies, possums, bandicoots) inhabit.

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**Next market: 29th July 2023**



A big thank you again to everyone for a successful June market. After a frosty start, stallholders welcomed in a stunning sunny day.

Shoppers loaded up with baskets of goodies and embraced local shopping. Stallholders reported good sales, including our new stallholders. It was a joy to see people connecting, sipping drinks, and enjoying local music, with happy pooches by their side.



The dried floral workshop with Forster based florists "Flowers By Fillery", was so pretty.

Our market community is truly stoic.  
Faced with tribulations resulting



from fires, floods, the pandemic, and hall renovations, everyone marches on to bring you a wonderful market at the end of each month (except December) Recent news of impending structural repairs to the supper room at kitchen areas, have brought challenges for the hall-stallholders and the committee yet again!  
A last-minute re-jig of stallholders from the hall and supper room, turned out for the best. Blessed with stunning weather, these stalls flourished outside.

## FRESH IS BEST

We had been calling out for more local fresh produce and now we are bursting with wonderful healthy fresh food for you. We have over nine dedicated produce stalls laden with colourful fruits & veggies. Each with their own niche and many are certified organic. These include; veggie seedlings, freshly squeezed organic orange juice, specialty garlic, herbs, spices, mushrooms, microgreens, and edible flowers too. This is a good segway into our piece on this month's stallholder...



## STALLHOLDER FEATURE:

**Petal & Sprout, microgreens, and edible flowers. Rebecca is a grower with a passion for health...**

Rebecca and Steve Slade are the proud owners of a small farm in Moorland, which has been home for over 20 years.

Rebecca found a new lease on life when

turning from a management role to becoming a Microgreen and Edible Flower Farmer.

Balancing corporate work with life on the land, became unbalanced.

Battling stress and health issues including high blood pressure and weight, Rebecca made one of the best decisions of her life, it was time to put her health first. "I came to realise that no matter how hard you work, or what you contribute, in the end you are just a number" ...

A video on Instagram about the health benefits of microgreens, piqued Rebecca's interest. "I've always loved growing my own produce for my family, it's where I felt most grounded. We have lived on a small acre farm in Moorland South for over twenty years, have over seventy fruit trees, multiple vegetable/herb gardens, edible Flower gardens, and lots of lovely chickens which free range on our farm".



Rebecca reflects, "Since making the decision to become a full time Microgreen and Edible Flower Farmer, my blood pressure is back where it should be and I'm happy and healthy. I've met so many happy people in our community through our local farmers' markets.

At Petal & Sprout Microgreens, our mission is to educate and improve the health of our local community by growing and providing fresh, nutrient dense, delicious, and locally grown microgreens and edible Flowers".

**"What are Microgreens?"** Early research has indicated that microgreens contain up to 40% more phytochemicals (beneficial nutrients and components) than their full-grown counterparts.

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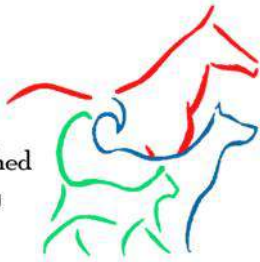
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Thank you to all of you for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all. See you at the July market.

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



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**Feeding Horses in Winter**— As winter sets in and temperatures begin to drop, some changes in your horse's ration may be required. Horses are well adapted to cope with climatic extremes and have an innate ability to seek shelter and suitable feedstuffs. This ability will help to cope with harsh climatic variables such as sub-zero temperatures and ice cold winds. However, domestication has seen horses confined to a stable or paddock in which they are unable to exercise this ability and must, therefore, rely on the feed and shelter provided.

A horse's coat is the first line of defence against the cold. During the winter months, the length and thickness will increase in anticipation of the drop in temperature. The increased length and thickness will allow hot air to become trapped and provide external warmth. The hairs become raised (piloerection) as a mechanism for trapping and heating the air beneath. It is therefore important to allow the horse to naturally grow its coat, as it is an important defence against the cold. Moisture in the coat can increase the weight and limit the ability to trap and heat air beneath. The use of rugs during the winter as an additional layer for heating and to repel moisture is therefore beneficial in cold and wet climates.

In preparation for a decline in temperature, a horse should be in a healthy body condition score (3-4). Feeding for a healthy condition score will ensure a fat supply is available to cope with the increased energy requirements during the winter months. Horses which are underweight and have limited fat deposits for insulation will struggle to cope with the decrease in temperature and additional energy required to maintain homeostasis. Fat stores are a secondary line of defence against the extremities and may be metabolised should the dietary energy content not meet the daily requirements.

During winter the energy requirements increase to allow for the additional energy needed for heat production. It is important to gradually adjust the energy content of the ration to compensate for these changes. To increase energy within the ration the common conception would be to increase the grain content as it is generally the most readily digested and concentrated energy source. This part is true! However, fibre is digested by microbes within the hindgut and additional heat is generated as part of this digestive process. The heat generated via microbial fermentation is a beneficial contribution to internal heat stores. A minimum of 1% of the horse's body weight (BW) should generally be provided in roughage daily to maintain the health of the gastrointestinal tract (GIT). However, as temperatures

decrease the provision of additional hay is advised (1.5-1.75% BW/day) to contribute to the generation of internal heat.

The use of oil within the ration is also a beneficial inclusion due to its digestibility and energetic value. Oil is readily absorbed across the wall of the small intestine and utilised to fuel metabolic processes or stored in adipose tissue as body fat, acting as both a source of insulation and energy reserve for future use. Ranvet's **Grand Prix Oil®** is a highly palatable blend of Omega-3, 6 & 9 fatty acids which could be added to your horse's winter diet to increase energy intake, maintain a healthy body condition score and coat shine. Grand Prix Oil® contains natural garlic oil to maximise palatability and provide the numerous benefits of garlic. It has been proposed that garlic may have respiratory health benefits such as reducing respiratory mucus and relieving coughing symptoms.

Colic is a problem which is not uncommon during the winter months. Winter colic is often the result of feed impaction within the GIT. It is a common misconception that because of a reduction in temperature during winter that electrolyte provision is not vital.

This myth is in fact untrue!

A horse will continue to sweat and lose electrolytes on a daily basis despite outside temperatures, even if it is not directly visible, which is why we recommend the provision of **Salkavite** or **Electrolyte Replacer** every time your horse is worked or at a competition. Electrolytes also play a pivotal role in stimulating the thirst reflex and the subsequent intake of fluids. Decreased water temperatures in conjunction with declining electrolyte provision can pose a threat of inadequate fluid intake, a reduction in gut motility and therefore increase the risk of impaction colic. A desirable drinking water temperature for horses is between 7-18°C, in some areas water troughs may freeze over during winter and water temperature may be significantly lower than this, negatively impacting on water intake. Routine monitoring of the vital signs (in particular the skin turgor test) is an effective means for assessing the hydration status of the horse.

The inclusion of salt in your horse's daily ration and a **Salt Lick** in your horse's paddock/stable is recommended to help stimulate the thirst reflex and encourage water intake.

**FREE Nutrition Advice.** If you would like any further information on feeding your horse in winter, feel free to contact Ranvet's Nutrition Team on 1800 727 217



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## SURPRISING SOURCES OF CALCIUM

Happy mid-winter everyone! I hope you're finding ways to find warm and keep your immune boosted. I love winter, with the change of activities and different foods.

We've all heard "eat your greens" many times, and no matter what the season, we need a variety of leafy greens to keep us healthy. They are packed with vitamins, minerals, and antioxidants to keep our bodies healthy and functioning. The good news is that leafy green veggies are versatile, we can enjoy greens in salads, stir-fries, smoothies and warm winter stews and bakes.

Many people are surprised when they find out that leafy greens are an excellent source of calcium. So, if you'd like to boost your calcium intake, include plenty of leafy green vegetables.

### CALCIUM RICH FOODS:

Almonds, broccoli, chickpeas, kale, spinach, rocket, nasturtiums, fish, especially boney fish, yoghurt, cheese, oysters. Fish is also a good source of vitamin D, which we need in order to absorb calcium. To read my vitamin D blog, head to the website.



**What do we know about calcium?** Calcium is required for strong bones and teeth, and heart health. It helps your heart to beat and contract properly. People in the renowned "blue zone" of Nicoya in Costa Rica where people boast good health and longevity, drank calcium rich-mineral water, along with a healthy diet, and they had healthy hearts!

**There's a synergy in food.** Certain nutrients in some foods help nutrients in other foods to be broken down, digested, and absorbed into the body. This is why a varied diet is so useful. Including calcium from across all these sources will give you the best

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**Laura. xxx**



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## Welcome to Deb's Gardening,



We are half way through the year already, where did it go! I find winter to be a great time to be in the garden even though yesterday was a cold day, I popped my head outside and thought no, too cold, find some jobs inside, but then I told myself to get out there, the sun is shining and I needed to cut back the Red Hot Pokers, they weren't getting done by themselves. So out I went rugged up with layers of clothes on and with my trusty new hedge trimmer, I got stuck into it and before I knew it I was taking off layers of clothes. Once one starts moving, you sure start to warm up.

I receive news letters from a fellow gardener and she mentioned how unpleasant it was to be in the garden in winter as it is always wet, damp and freezing. I presumed she was from Victoria but no, she is from Perth. Perth and the south west corner of WA, the southern portion of SA and Victoria have a Mediterranean climate, dry in summer and wet in winter. Where we are located on the mid north coast it's border line Temperate, Sub tropical; wet in summer, dry in winter. I thank my lucky stars I live where I live. It might be cold at night and in the mornings but the sun shines and the days warm up nicely. No wonder Victorian nomads travel north in the winter.

I have been spending time in the orchard as it is time to prune deciduous fruit trees so the pear tree has had a prune. I haven't had any luck with my apple trees; I planted them in the wrong spot as apples don't like the intense heat. They do require lots of sunlight hours, especially as fruit is developing and perform better if sheltered from strong winds. I would also like to plant a few stone fruit such as apricots and nectarines; this is where a microclimate can be an advantage. We have a spot on the property that is a bit more protected from winds, is a lot cooler in summer but still gets plenty of sun in the warmer months, not so in winter but as it stone fruits are also deciduous it doesn't matter how much sun they get in the winter. Winter is the best time to plant stone fruit and apple trees as they are dormant and can be bought as 'bare root plants', which means I need

to get myself organised and start planting. We are picking citrus and guavas at the moment. The surprising thing is nothing is eating my guavas yet, just me. The wild life have left them alone which I thought they would get attacked for sure.

Now is the time to give the citrus a dose of fertiliser which will be a few handfuls of blood and bone and a dusting of ashes from the fire place. These fertilisers will suit the citrus tree as they are low in nitrogen as I don't want too much leaf growth at this stage. In spring I will fertilise with cow manure as is higher in nitrogen to encourage leaf growth.

I have just finished cutting back the asparagus to ground level and I have gone out into the paddock and picked up fresh cow pats and thrown over the asparagus and then spread a layer of mulch on top. I didn't compost the cow manure, just thrown it on fresh. By the time the asparagus spears start to emerge in spring the microorganisms will have broken down the fresh cow manure and mulch. Cow manure is cold manure and doesn't burn plants unlike horse or chicken manures which are both hot manures and should be composted first.

One of my list of jobs this year is to plant out more pockets of natives in the paddocks for biodiversity but, lucky me, when we went for a drive around the paddocks, some areas that have been fenced off and no cattle have been let in, Mother Nature has been doing her thing and new sapling eucalypts and wattle trees have emerged on their own. I just need to get in and clean out a few lantanas and tobacco bushes so that job is half done. Thankyou Mother Nature, though a nice shower of rain would be nice. Today's task; water the garden.

If you can't be in awe of Mother Nature, than there is something wrong with you.

Until next time

Deb

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## REAL KULTCHA

Alright, it's *Hump Month July* and we're on the downhill run to Christmas. That means lots more cricket in *The Old Dart* where *The Galahs* are doing very well; *The Southern Stars* (the Oz women's cricket team) are also over there and have started their tour quite well last night; there's World Cup Soccer coming (no, for the millionth time **IT IS NOT** football) for those who want/need to watch it; there's still a lot of real football (Rugby League) to be played (though it seems more than obvious at this point in time, *The Glorious St George*, will take home the wooden spoon); there's also more Oz Rules to be played (and the *Heroic St Kilda* are doing quite well, thank you very much); I assume there's a deal of Rugby (aka *Cross-Country Wrestling*) being played for the simple reason Eddie Jones is back in country and he's got to be here for some reason, but I've yet to understand why all those blokes bother; on the TV there's lots of baseball to watch (I'll tell you about it one day) and lots of American Football in the run up to Christmas; and then (would you believe) there'll be **MORE CRICKET!** Happy days are here again.

I mentioned earlier *The Galahs* have had a good start to their tour by beating India in *The Test Cricket Final*. I have to admit this match took me by surprise. All the Cricket Test matches played around the world are somehow aggregated/calculated and the two top teams play a Final!!! Who knew? I didn't. When did this thing begin? How often is this "Final" played: every year, every two, three or even four years? I have no idea. In any event, *The Galahs* beat India and that was the run up to the First Test against *The Poms*. First, I have to say, I didn't sit up to the wee hours of the morning watching the game but by all reports it was a good one and it came down to a very close run thing. After five days we needed a couple of score runs and they needed less than a handful of wickets! Up stepped our captain Pat Cummins (who normally bats around 8 or 9) and with Nathan Lyon (who really is a bunny and bats even lower) who dug in (and that's something we haven't seen for many years) and got the runs needed.

The win of course, was only part of the deal. *The Poms* have been bleating loud and long to anybody who'd listen about *Bazball* and if you have no idea what I'm talking about then come and stand with me and the multitude on the left. As I understand it, they have a new coach – a New Zealander – who has come up with this idea of speeding up Test Matches and throwing caution to the wind in all phases of the game! *How do you actually speed up a Test Match?* It



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seems to me that throwing caution to the wind with batting and field placements is a recipe for disaster. But, they've been using this tactic for a while and it has been successful – and then they played us and the wheels fell off! What do they do now? Good question and I've no doubt the boffins in pommy cricket are mulling over that very question as I type this. Do they stay with *Bazball* and hope Khawaja has a couple of bad innings or do they revert to the old tried and true methods and hope to prevail? If I were a betting man (and I'm not) I'd bet they'll stay with *Bazball* for another Test and see how it goes. I think there might be a couple of things wrong with that strategy. The first is the weather in England is so unpredictable you may not get a clear break in the weather long enough to give the tactics a fair run. If you try it, Khawaja (who seems to be in the middle of a purple patch with his batting at the moment) has another blinder and then it rains, what do you do then? Thankfully, it's a question for them and I've no doubt Cummins and his boys will keep it tight and really apply the pressure.

Oh, and one last point on *Bazball*, both sides were fined for slow over rates in the Test so I'm left wondering how that sits with the concept of *speeding up* Test cricket? Looks like they failed all round.

This last week has also seen the annual State Of Origin and *The Canetoads* have won the first two games on the trot. That means of course, we (*The Cockroaches*) can't win this year and horror-upon-horror, there's a really good chance the final game in Sydney could see us white washed, three zip! There are lots of things we here in NSW can put up and losing The State Of Origin to Queensland is bad enough but three zip? Mind you, I was watching the news last night and the result of The World Wide Better Living Cities evaluation was announced. Melbourne came in #3 and did the Lady Mayor do a number! Yes, she did. And why? Well, out of the top ten cities in the World, her's rated #3 but guess who rated #4? Yep, Sydney. One spot behind and she was really narky. I almost kicked the TV.

Talk at you again next month,

*The Hillside Critic*

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## TAREE BLOOD DONOR CENTRE

**Tattooed Mid Coast locals can now donate blood one week after getting inked**

Mid Coast locals can now donate blood just a week after getting fresh ink, under a new rule change to blood donation. The change comes as the Taree Blood Donor Centre needs 200 additional people to donate blood over the next 2 weeks.

Currently people can make a plasma donation immediately after getting a tattoo but until today had to wait four months to donate blood.

The latest rule change, which comes into effect today, significantly reduces this wait time between getting a tattoo and donating blood from four months to just seven days.

*The new rules apply only to tattoos received in licensed Australian tattoo parlours or cosmetic clinics. People who received tattoos in unlicensed or overseas premises will still need to wait four months before donating.*

A study of tattooed donors conducted by Lifeblood together with the Kirby Institute, UNSW, found that those inked in Australian licensed tattoo parlours or cosmetic clinics are safe to donate.

With [one in four Aussies now inked](#) and the trend for tattoos showing no sign of abating, Lifeblood Spokesperson *Ruth Harrison* said the change will provide a boost to blood donations.

"We're thrilled that from today we can welcome thousands of eligible tattooed donors to Taree Donor Centre who would previously have had to wait four months to donate blood," Ruth Harrison said.

"You can now donate blood just seven days after a new tattoo, or you can donate plasma straightaway, without any wait period at all.

"Close to 10,000 donors report one or more tattoos a year to Lifeblood, so this rule change could result in around 10,000 extra blood donations a year."

After a Lifeblood survey found more than 15% of Australians believe having a tattoo means you can't donate at all, Ruth Harrison said the change provided an opportunity for community education.

"People with tattoos are perfect donors because we know they're not afraid of needles - one of the biggest barriers for new donors donating blood or plasma for the first time.

"We want to make sure everyone knows being inked doesn't disqualify them from donating.

"We're fortunate to have one of the safest blood supplies in the world, and we're continuing to focus on making it easier for all Australians to donate, while ensuring our blood supply remains safe for patients."

To check your [eligibility](#) and book a donation, call 13 14 95, visit [lifeblood.com.au](#) or download the **DonateBlood** app.

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## Snippets

### Beach Permit Renewal Reminder

It's a good time to check the renewal date on your beach permit as last year's annual permits were changed to expire 12 months from the date of purchase.

This means that everyone now has an individual expiry date they need to check, and they will have the option to wait before they renew their permit if they do not plan to drive on the beach anytime soon.

The 12-month period for each annual beach permit applies from the date you make your payment. It will expire on the same date the following year.

Beach permits cost \$100 for a 12-month permit and \$50 for pensioners and senior card holders. 30 Day permits are available for \$60. Beach permit fees assist in maintaining access points, dune rehabilitation and weed control.

### MEC's new season guide 'Act 2' out now

The Manning Entertainment Centre has released its new season guide, with twenty-nine different amazing performances on stage from July to December.

There's something for everyone to enjoy this season. Laugh, cry, dance and discover amazing acts from around the globe.

Check their web page for monthly shows

### Nabiac Showground Buildings

The Supper Room and Kitchen are undergoing extensive repairs due to termite infestation and work will take some time to repair them

### Old amenities block at Vincent Fazio Park, Tuncurry to close

With the new amenities block at Vincent Fazio Park, Tuncurry set to open soon, the old amenities block will close from Friday 23 June.

The new amenities block will open around 10 July, with toilets only. The planned changerooms and accessible adult change facility will be added at a later date.

### Petition Launched to Save Regional Travel Card

Tanya Thompson, Member for Myall Lakes has launched a petition in the Myall Lakes to stop the Labor government from cutting the \$250 Regional Seniors Travel Card.

"The Regional Seniors Travel Card has become a local lifeline for seniors in our community," Mrs Thompson said.

"Holding a \$250 regional travel card allows seniors to take a trip to visit friends and family, travel for a doctor's appointment, or visit the shops to pick up groceries.



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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

An artist asked the gallery owner if there had been any interest in her paintings that were on display.

"Well, I have good news and bad news," the owner responded. "The good news is that a gentleman noticed your work and wondered if it would appreciate in value after your death. I told him it would and he bought all 10 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?"

"The gentleman was your doctor."

An "older" gentleman works for a Bunnings store, helping direct customers at the entrance. He's a great success with customers and staff and everyone loves him. He has an easy way with people, but has one fault.

He is always late arriving for work in the morning.

When it was time for the manager to call him in for a review of his work, he was full of praise, affirming the staff member, telling him about all the good reports he'd heard about him.

He gently tries to bring up the matter of his lack of punctuality.

"You used to be in the Navy, I believe? What did they say to you when you arrived late then?"

"They would say: 'Good morning, Admiral, may I get you a coffee?'"

Someone asked what my friends and I do, now we're retired.

I told them that we're fortunate to have a chemical background, and one of the things we enjoy most is converting beer, wine and vodka into urine. We get together and do that every day and we really enjoy it.

Technically Moses was the first person with a tablet downloading data from the cloud.

*Never seen anyone jogging and smiling, so that's all I need to know about that!*

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One for the girls!

### Why Men Can Pee Standing Up

God was just about done creating humans but he had two parts left over.

He couldn't decide how to split them between Adam and Eve so He thought He might just as well ask them

He told them one of the things he had left was a thing that would allow the owner to pee while standing up.

"It's a very hand thing," God told them." and I was wondering if either one of you had a preference for it."

Well, Adam jumped up and down and begged, "Oh, please give that to me! I'd love to be able to do that! It seems like just the sort of thing a man should have. Please! Pleeease! Give it to me!" On and on he went like an excited little boy.

Eve just smiled and told God that if Adam really wanted it so badly, he could have it. So God gave Adam the thing that allowed him to pee standing up.

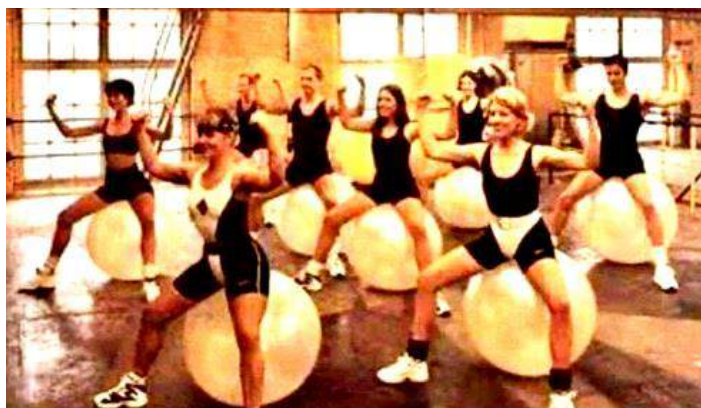
Adam was so excited he just started whizzing all over the place - first on the side of a rock, then he wrote his name in the sand, and then he tried to see if he could hit a stump ten feet away - laughing with delight all the while.

God and Eve watched him with amusement and then God said to eve, "Well, I guess you're kind of stuck with the last thing I have left."

"What's it called?" asked Eve

"Brains." said God.

*Sorry guys, just too good to leave out!*



This picture was given to a grade 1 class and the children were asked to suggest a headline.

The winning entry was: **"Never swallow your bubblegum"**

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SOMETHING TO STICK TO THE GUT ON A COLD WINTER'S DAY

#### INGREDIENTS

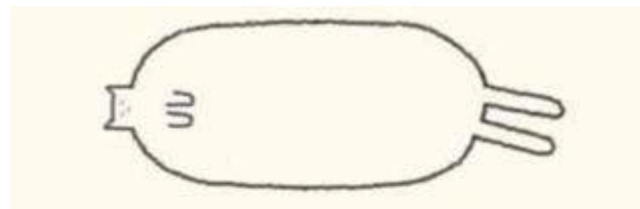
- |          |  |
|----------|--|
| 1kg      | Chicken pieces                         |
| ½ cup    | Plain flour                            |
| ¼ cup    | Olive oil                              |
| 10       | Pork chipolata sausages (300g)         |
| 1        | Brown onion (medium) chopped coarsely  |
| 1        | Carrot (large) chopped coarsely        |
| 2 cloves | Garlic, sliced thinly                  |
| 4 sprigs | Fresh thyme                            |
| 1        | Bay leaf                               |
| 2 tbsp   | Tomato paste                           |
| 800g     | Canned diced tomatoes                  |
| 1 cup    | Chicken stock                          |
| 840g     | Canned white beans, drained and rinsed |
| 1 cup    | Stale breadcrumbs                      |
| 2 tbsp   | Finely chopped fresh flat leaf parsley |

#### METHOD

1. Preheat oven to 200°C ( 400°F).
2. Coat chicken in flour, shake off excess. Heat half the oil in large flameproof casserole dish; cook chicken, in batches, until browned. Remove from dish
3. Cook sausages in the same dish until browned. Remove from dish
4. Heat remaining oil in the same dish and cook onion, carrot, garlic, thyme and bay leaf, stirring until onion softens. Add tomato paste, cook, stirring, 1 minute. Return chicken and sausages to dish with undrained tomatoes and stock, bring to the boil
5. Cover dish and bake in the oven 20 minutes. Remove from the oven, stir in beans. Cover, bake 30 minutes more or until sauce thickens and chicken is tender. Season with salt and pepper
6. Preheat grill.
7. Sprinkle cassouletw with combined breadcrmbms and parsley and place under the hot grill until browned.

Serve with mashed potato and green to your liking.

### I got an F in art class for my cat drawing



**I'm still wondering what was so wrong with it**





# 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...

The council have advised us they will be updating signs in the Memorial Park and around town from the old Great Lakes Council ones to new Midcoast Council signage.

Our next meeting will be held on **Wednesday 5th July at 6pm** in the Neighbourhood Centre. All members of the community are welcome to attend.

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

NVFG  
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**NVFG Next Meeting:**  
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Before they are born, developing human babies have a tail, and some developing snake babies have legs. Perhaps we have more in common with snakes than we think!

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## Good Medicine

### Vision

It's great to have vision isn't it? Well many of us DO ... we have access to Vision Radio which is the local Christian radio station. Nabitac and Gloucester are both on 87.6 FM, while Bulahdelah and Stroud come in at 88.0 FM ... a new discovery of mine.

Some years ago I came across Word for Today as a help for Bible reading, and since then the organisation has expanded to include radio, podcasts and shop, to name a few of their operations.

They began approximately ten years ago with an ambitious dream to 'take God's Word to the four corners of Australia – not just the big smoke but in the little places too', and they acknowledge God is playing a major part in this. Now Vision radio stations can be found Australia wide including Tasmania. The stations are too numerous to list and, just in NSW, include well known towns ... Armidale (new), Orange, Glen Innes ... and the lesser known Bodalla and Mossy Point. Queensland rates about twice as many as NSW, and the Northern Territory includes such names as Ali Curung, Yirrkali and Ti Tree in Arnhem Land. In fact, reading through the list gives you a great lesson in Aussie geography! It takes very little to start a station ... if someone wants Christian radio in their town and can provide a high window, an aerial and volunteers to man it, then they will do their utmost to make it happen.

If you're familiar with phone apps there is the free Vision app which can also be installed in your car using bluetooth, apple carplay and android auto ... terms you probably know more than me ... so you can listen as you drive. 'Rise and Shine' with Robbo and Becci ... the 'perfect way to start your day', is followed by 20TWENTY, a program about life and current events from a Biblical perspective. We might feel sometimes we want to stop our world and get off, but people in the Old Testament could have felt the same with the horrors of wars,

massacres and evil kings. 'Things are **not** worse today than then ... Satan continues to run amok and Christians continue to be the light in the darkness'.

Vision also offers a prayer line – Pray for Me - where anyone can ask for prayer for their need and a team of prayers will respond. A comment on this was 'after sending a request for prayer my lesion began to shrink, the specialist has never seen this before'.

Other comments: Word for Today is such a vital part of my day: Word for Today has somehow always shown us a path to take when we felt lost.

There is also an online shop with great book titles for kids ... eg. the 'Aussie Bush Olympics' where Kolbie the Koala wants to try for the Gumnut Crown. DVDs for adults include 'Faith Runs Deep', a documentary series by a couple travelling round Australia in an iconic Holden ute, listening to people's faith stories ... sounds good ... and there are many books as well.

Lastly they host trips to Israel – vision.org.au/israel-tours.

You could end up on an overseas trip ... imagine walking around places named in the Bible!

Subscription to Word for Today is free, so if you are interested let me encourage you to go to - [www.vision.org.au](http://www.vision.org.au) or write to: Word for Today, Locked bag 3, Springwood, QLD 4127.

'... life has a way of beating people down; every life needs a shoulder to lean on ... a prayer to lift them up ... and a hugger to wrap some arms around them sometimes'.

Quotes from Word for Today.

*The Counsellor*

### NOTE:

Krambach Hall will hold their **AGM on Monday 17<sup>th</sup> July at 3:00pm**, followed by the General Meeting in the Hall and all interested persons are invited to come along

## News From The News

### Nabitac Village Community Church

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

### St Bernadette's Catholic Church, Krambach

**July** Mass times are Saturday 1<sup>st</sup> at 6:00pm, Saturday 8<sup>th</sup> at 6:00pm  
Saturday 22<sup>nd</sup> at 6:00pm and Saturday 29<sup>th</sup> at 6:00pm  
**August** Mass Saturday 5<sup>th</sup> at 6:00pm  
(contact Helen Legg on 6559 1211)

### Krambach Bible Church (a ministry of Wingham Presbyterian)

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

### St Paul's Anglican Church, Nabitac

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

Every Week Day Before and after school care by **KIDS SHACK**  
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Call **Joy** on 0438 273 360.

### St Isidore's Catholic Church, Nabitac

**June** Mass time is Saturday 15<sup>th</sup> at 6:00pm  
\*\* Note: Mass has changed from the 4<sup>th</sup> weekend to the 3<sup>rd</sup>.\*\*

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\*\*\*\*\*

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Gordon Foy, 2949 Bucketts Way, Belbora on 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)

Amanda Chapman, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing

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

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