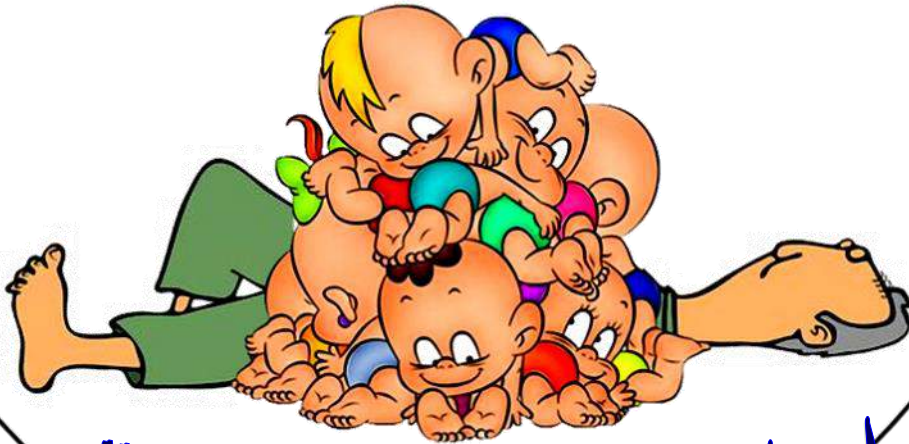


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ACROSS THE FENCE

Happy Fathers Day
Daddy
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To all the 'Dads' in the district
May your special day be restful and filled with love



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Editorial.

Hi all,

Spring has sprung. I have seen the first wattle in bloom and have had a whole 2.75mls of rain, so falsely hoping more is to come and fill my tank which is a tad low.

The nights and mornings are still in the single figures and Timidthy is still desperate for cuddles and a warm lap to curl up on, so the blanket is staying on the bed for a while longer.

Good news for locals in the Krambach/Firefly area. The 'service' station at Krambach is **OPEN** again for business. Apparently still not fully stocked with food, but petrol is 'on tap'.

If anyone tried the Lyn's Larder Recipe from August, can you tell me how the Braised Port tasted? Did you end up under the table??

Sorry, it should have been PORK!

The August winds have started, so be careful with your fires.

Remember you also have to get a Fire Permit before you light up!

Nabiac Library had a special birthday last month and celebrated with a party for all the past and present fabulous volunteers. It was lovely to read Judy Moncrief, a volunteer when I first came to Nabiac, was brought down to join in. I am just sorry that I wasn't able to get the photograph clearer to identify everyone.

The Op Shop is having a further clothing clearance sale this month to make space for all of the new spring/summer attire that they are receiving. To visit the clothing rooms is just like going to the boutique shops in the "big" towns, as there is such a variety of styles to choose from.

Lots of work being done in the Showgrounds at the moment. It seems our lovely main hall and supper room have been feeding the termites for years and consequently much of the interior to be replaced. Fingers crossed it will all be finished before the 2024 show in early next March.

Watch out for ticks!!! The little grass ticks abound. I have been cutting long dry grass and am now covered in itchy tick bites. How they get through 4 layers of clothing still amazes me. Haven't seen any paralysis ticks on Timidthy yet, but the weather is ideal for them.

I wish all the dads, be they dad, granddad or just someone you love as a dad, a very happy Father's Day. Hope you get to have a rest and be spoiled by your kids.

Until next month, stay safe, be happy

Lyn & Timidthy



WHAT'S HAPPENING IN SEPTEMBER, 2023

Markets & Events.

• Bulahdelah	(1st Sat)	2 nd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 rd	8am to 12 noon
• John's River Country	(2nd Sat)	9 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	2 th	8am to 12 noon
• Myall Quays	(3rd Sat)	16 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 th	8am to 12 noon
• Krambach	(3rd Sun)	17 th	8:30am to 1pm
• NABIAc	(Last Sat)	30 th	8am to 12 noon
• Old Bar	(Last Sun)	24 th	7am to 1pm
• Pacific Palms	(Last Sun)	24 th	9am to 1pm
• Forster Town	(2nd Sun)	10 th	8am to 2pm
• Halliday's Point	(1st Sun)	3 rd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 rd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 rd	8am to 1pm
• Burrell Creek	(2nd Sun)	10 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	16 th	???
• Wingham Markets—showgrounds			

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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alliancepharmacy.com.au

Nabiac Pharmacy News



Dear patients and people of Nabiac in the Wallamba Valley,

Australia spends one of the lowest amounts on pharmacy in the developed world and has comparatively excellent health outcomes. Pharmacies have helped make medicine so cheap that companies can't afford to bring enough into Australia so we keep running out. The government has decided that to thank Community Pharmacies for their support and co-operation over many years by.....

.....Passing a new law in Parliament to effectively rip in half the central part of what we do. The poorly thought out starting of 60 Day Dispensing (60DD) is an absolute stab-in-back for Pharmacies doing everything we were asked through COVID and before.

I am not opposed to 60DD at all, just the way it is being done. Here's some facts;

1. The Midcoast has THE OLDEST RESIDENT POPULATION in Australia.
2. The Midcoast has THE LOWEST HOUSEHOLD INCOME in Australia.
3. The Midcoast has one of the highest proportions of persons with a disability.
4. Being 300km from Sydney is a problem.

These **FOUR** things are already 100% linked to poor health outcomes.

5. In Nabiac 76% of all our PBS scripts in December ARE FREE ALREADY! Because people get to the PBS Safety Net. How much more FREE do they want?

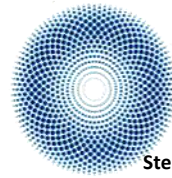
With 60DD there are many patients who will save money, and we will help them do that. The vast majority of our patients will not save a SINGLE CENT!!! The government wants to "normalise" 60DD so that they can pretty well pay us half of what they used to.

It's stupidly complicated, but I am happy to talk through every situation if you come in and ask. I always try to tell people the straight truth no matter what; I will tell you the truth no matter if it is not in our financial interest.

What is really at stake is all the "CROSS-SUBSIDISED" services that we do, which is pretty well everything except actually getting someone their script. If the government has their way, we'll be so short staffed that we'll be reduced to vending machines with a person in the middle.

At Nabiac Pharmacy we pride ourselves on 'problem solving' health issues. This takes time, which is why we have a higher amount of

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Amanda Neubauer
Life Wave Consultant #1841614

0421 830 723

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- Reduced inflammation
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- Enhanced sports performance
- Assists recovery from exercise
- Helps improve skin appearance
- Restores mental clarity
- Better sleep



LifeWave is the world's first and only company using this patented approach to activate stem cells.

Amanda Neubauer
0421 830 723

staff, because we are health focussed.

The best thing about us 'problem solving' is that it saves GP's and hospitals from doing it. It's faster, more accessible, and cheaper overall. We're here to support our amazing GPs and the community, that's why it's called Community Pharmacy.

If the government smashes us badly enough, we'll only have enough time to give people scripts. That's it. We don't want there to be so little left of pharmacies that a person has to see a GP/hospital to ask "what is the white tablet"

Tim

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Between the Pages

Nabiac Library News



Welcome to Springtime from Nabiac Library. The wattles, eucalypts and jasmine are in bloom, as are all those beautifully scented bulbs like freesias, jonquils and daffodils. The birds are feasting and getting ready for mating and nesting. It is a lovely time of the year unless you're a hay fever sufferer. However, we sure do need some rain if we are going to avoid a long, hot bushfire summer season. Let's hope spring delivers.

30th Birthday Celebrations

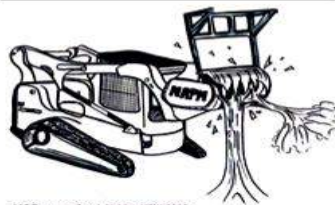
Nabiac Library celebrated its 30th birthday in its current location on Thursday 17th August 2023. A special morning tea was held for Library staff and volunteers past and present, and it was a most enjoyable morning, with people sharing their memories of the history of Nabiac Library and its many volunteers over the past 30+ years.

In attendance were the current MCC Council Manager of Library and Community Services Alex Mills, Beverley Dillon Customer Services Librarian, Yasmine English Branch Librarian and of course the many volunteers past and present; including Di Emms and Julie Murphy who were previous Nabiac Library coordinators. A special mention must also be made of Judy Moncrieff, a Nabiac Library volunteer for many years, who was also able to join us for the celebrations and was thrilled to be there amongst old friends. We send out a big thank you to her son Scott Moncrieff for bringing Judy along to enjoy the morning with us all. It was a very special morning tea.



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- Rubbish removal
- General welding
- Large animal burial
- Farm equipment maintenance & repair

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← Current volunteers - Bronwyn, Robyn, Carmen and Maureen

Di Emms, Judy Moncrieff, Bev Dillon



History of Nabiac Library:

Nabiac Library first started as a small community library in the current Nabiac Memorial Neighbourhood Centre building. It had two small rooms and was run by a dedicated group of local volunteers. It was during this time that Nabiac Library came under the management of Great Lakes Shire Library services, and thus became a council library.

When the previous Nabiac Showground Hall kitchen and luncheon room (which was the building where Nabiac Library is currently located) was deemed no longer suitable for such purpose and a new kitchen and luncheon room was built as an addition to the Showground Hall, this old kitchen building became vacant. Those tireless volunteers and supporters of Nabiac Library lobbied council to make this historic building the new site of Nabiac Library and in 1993 this was accomplished! We have much to thank those wonderful folk for; enabling us to have such a beautiful historic building for our current Nabiac Library. Happy 30 years!

Let us all appreciate this history and support Nabiac Library by remembering its history and enjoying its current historical location and modern day services. Come and see us!!

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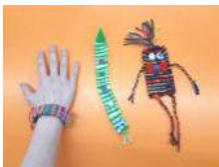
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You can book in

Spring School Holidays Activities at Nabic Library

It is hard to believe that another school term has passed and school holidays are once again coming up. Nabic Library has two great events scheduled for these holidays. Details are provided below. This is just a sneak preview of what is coming up for the school holidays at Nabic Library. Please go to <https://library.midcoast.nsw.gov.au/Home> and click on the events tab to make your bookings closer to the dates.



Crazy Weaving

Wednesday 27th September 10-11.30 am at
Nabic Library

Use straws, wool and your
imagination to make a brace-
let, snake or crazy creature.



Paddle Puppets

Wednesday 4th October starting at 10am at Nabic
Library. Another crazy fun activity!

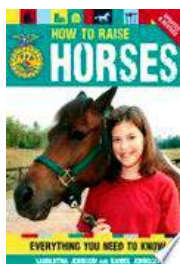
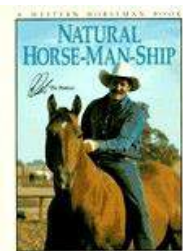
We look forward to engaging with you and your children for these
creative craft activities.

Please go to <https://library.midcoast.nsw.gov.au/Home> and click on
the events tab to book.

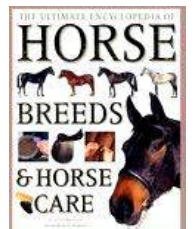
Horses are popular friends.

There seems to be a renewed interest in the Wallamba district and
surrounds in keeping horses, horsemanship and horse therapy. There
are many horse related clubs, businesses and services in the
Wallamba supporting these interests; including Pony Clubs, Barrel
Racing, Team Penning, horse tours and equestrian therapy.... the list
is growing.

Midcoast Libraries offers a large variety of books about horse care
and training. The following books will soon be available on Nabic
Library shelves to support all our local horse in caring for their horses.



Midcoast Libraries has many more books and
magazines related to horses and horse care as well
as adult and children's fiction books relating to
horses. Whoremembers the Pony Pals and Saddle
Club series as a child? They are still available. Then
of course there are the books
related to famous Australian
horses; Phar Lap, Black Caviar and
our Australian war heroes and their horses. So! If
you are interested in horses then check out the
Midcoast Library catalogue and see what is
available. You'll be surprised at what you find.



Hoping you enjoy our latest update from Nabic
Library. Remember we are open four days/week:

Monday & Tuesday: 3pm-5pm

Thursday & Saturday: 10am-12 noon

We look forward to seeing you at our historic library in the Nabic
Showground.



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MINIMBAH MATTERS



Minimbah Rural Fire Brigade has been making the most of the wide variety of training they undertake, with call outs this past month to grass fires, motor vehicle accidents, fuel spills, machinery and a shed fire with the possibility of gas bottle explosions plus some private burns that have escaped their boundaries.

Yes, variety is said to be the spice of life, but please, let's not spice up our lives too much.

Here's an extremely concerning fact.

During the month of August, and bearing in mind that at the time of writing we still have another week before the month ends, the NSW RFS have responded to **over 600 calls to escaped burns.**

It's your fire ... It's your responsibility.

When you are burning, regardless of whether it's a small pile or a large paddock, the fire must not escape your boundary. It's **not** neighbourly.

It's **not** within the rules. It is **not** easy on the wallet. It **can** cost you dearly.

Our Brigade is holding our
Get Ready Open Day at our Fire Station

681 Minimbah Road, Minimbah

on Saturday 9th September from 12noon until 2.30 pm.

Since our last Open Day several things have changed; e.g. Fire Danger Ratings, some conditions applying to Fire Permits, and the Hazards Near Me app, to mention a few.



We invite you to come on down, armed with all your questions, and an open and enquiring mind.

We can help you with the preparation of your Bush Fire Survival Plan, and as a thank you for your proactive interest you will receive a free hand crank emergency radio and a waterproof document pouch for your emergency box.*



If you call in nice and early,
you may even be in time for a
simple sausage sandwich.

**While stocks last. Supplies of radios and pouches are limited and distribution will be limited to one per household.*

The Mid Coast District has now entered the designated **Bush Fire Danger Period** which means that before any fires are lit in the open, a current **Fire Permit** must be obtained from the NSW Rural Fire Service (RFS). **Fire Permits are free.**

We are not trying to prevent you from having a fire, especially if you

FIRE PERMIT REQUIRED



NSW RURAL FIRE SERVICE

are reducing your fire risk. Quite the opposite. The Permit may help with our response in the event of triple zero (000) calls. The RFS will have a record of all current permits, the permit holder's contact details and accurate address. These are vital and valuable pieces of information when an emergency call is made. Not only can it improve our performance with regards to locating the fire and the number of appliances despatched, but sometimes a well-intended report is made of a smoke sighting by someone who has not actually seen the fire being controlled by people in attendance. In such an instance, a phone call and one RFS vehicle may be all that is required to put everyone's minds at rest, which means other appliances remain available for other, perhaps more serious, situations.

To find out the contact details of your local Brigade Fire Permit Officer, for other general fire information, please call

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

Fire Permits may come with several conditions. The planned fire is inspected and the conditions of the permit are explained before the permit is issued. One of the most important conditions is the legal requirement to give at least 24 hours' notice of your intention to burn, to your immediate neighbours and the local fire authority. In the case of the Minimbah Brigade Area, the RFS is your local fire authority.

Online notification can be done at www.rfs.nsw.gov.au/notify

If you do not have computer/mobile phone access, you can notify the

RFS by phoning 1300 643 262

During the Bush Fire Danger Period, the

Mid Coast Area Fire Danger Ratings (Fire Risk)

are published on Facebook whenever they change. They come with some very handy and wise tips as well. Check them out by following

NSW Rural Fire Service – Mid Coast District



MODERATE:
Plan and prepare

HIGH:
Be ready to act

EXTREME:
Take action now to protect life and property

CATASTROPHIC:
For your survival
Leave bushfire risk area

Report unattended fires to
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Nabiac Memorial Neighbourhood Centre Association



Tennis and Netball Courts – at last week's meeting at the Tennis Court there was continued discussion about tennis courts and netball courts in Nabiac. Pickleball and Futsal were included in the discussion. It was a positive meeting and all representatives were keen to work together to achieve improved facilities.

Short term, we agreed we need a solution to the deterioration of the concrete surface. We were also advised to include the replacement of the fence, lighting and poles.

Long term, there is ongoing discussion about working towards new courts at the Aub Ferris Sports Complex. The Netball Club are supporting this. The Tennis Club have for some time been seeking repairs/renovations, and the Soccer Club are seeking access to a Futsal Court. There is also community interest in Pickleball. With the option of moving the courts, the Nabiac Street site could be developed for pickleball, futsal and have practice hoops installed.

Community Art Work at the Nabiac Street Showground Entry – This is the next stage of the plan for the entry. It's expected that this project will begin around April, 2024. There is a raffle fundraising for the installation. It's being run by the Farmers Market Committee.

Nabiac Memorial Neighbourhood Centre Association Inc. will be holding its AGM on Thursday 9th November at 7 pm at the Neighbourhood Centre.


Nomination forms available from the Secretary.

Nominations will close at 7pm on Thursday 2nd November, 2023.

Agenda – Election of Committee (President, Vice President, Treasurer, Secretary, and Committee members). Reports from President, Treasurer, Op Shop, Farmers Market, Nook, MidCoast Quilters, Nabiac Landcare, Aub Ferris Sports Complex). Review of Constitution (section 2 Objectives of the association).

You can contact us on Nabiac Community on Facebook and at secretarynmnca@gmail.com phone 0409 585 635.

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Show News



The Wallamba District Agricultural and Horticultural Association Inc. held their AGM in August, and the following people were voted in:-

President: Warren Gregory **Vice-President:** Judd Barker
Secretary: Carol Baines **Treasurer:** Christine Heffernan
Committee: Maree Young, Mary Webber, Summa-Lee Buchannan, Cherie Paterson, Jade Baggins-Clarke

Thanks went to the outgoing committee and special thanks went to John Baker for his contribution to the show over the years.

A busy few months ahead with the 2024 Nabiac show foremost in everyone minds. Further information as the planning proceeds.

The Ladies Auxiliary had the task of emptying out the kitchen ready for the renovations to start. It was a HUGE job and to the people who turned up, thank you. It made the job into a morning exercise rather than a few being there all day. Renovations will start shortly on the kitchen and the dining room and it looks like it will be completed by Christmas.

With the hall being revamped earlier this year, and the kitchen and dining room now getting a face-lift, it will certainly be an asset to both the Council and to the community at large.

Our September meeting will have a representative from the Council present. She will briefly talk about the plans the Council has for the showgrounds and invites people who are interested in how all the groups, who use the grounds, get the best use out of it. If you are one of the people who belong to a group that uses the showgrounds, please come along and hear what she has to say. This Q & A will be at the beginning of the meeting and will last approx.. an hour. Please ring me if you have any questions or queries.

Carol Baines

Secretary

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Phone: 0404 963 779



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WALLAMBA CWA REPORT

Our numbers in attendance were on average with 9 members being welcomed by President **Margaret Weller** and a further 6 apologies being received before declaring the meeting open at 10:10am with the usual formalities.

Members paused to remember the passing of friends and family including locals Mrs **Margaret Boynton** (daughter of former Wallamba CWA member, the Late Mrs **Mary Relf**) and Mr **Eric Haley** of Nabiac, known to several branch members. Sec **Pam** lost friends **Tom Carson** of Hillville and Mrs **Judith Cameron** (formerly Abbott of Wingham).

Thanks to member **Pam** who supplied the thought for the meeting and is was “**Take life day by day and be grateful for the little things. Don't get stressed over what you can't control.**” Member **Mary** will bring September's meeting thought.

Members have been advised that we will have Group Vice President and Wingham member Mrs **Vivienne Beaumont**, attend our AGM and chair the election of Officers on **10th October**.

Treasurer **Jenny Ang** presented the financial report and told members we are still selling a few items of craft through the Nabiac Nook and we thank our own members **Fay**, **Mary** and **Merle**, who also volunteer their time at the establishment.

International officer **Penny Britton** gave her report on the South Pacific Island of Tuvalu and outlined their history and how they have become fully independent after being part of the British colonies. They are just a very tiny island with a population of just over 11,000 inhabitants.

Penny, who is also our Cultural Officer, has a been busy with the Group International and Cultural Day taking place at Gloucester on Tuesday 29th of August (this month) and this will see a wrap up of our previous Country of Study – Latvia – come to an end. I am sure the two Gloucester branches will do the Group proud with their displays, food and crafts.

The theme for the Cultural side of the day was **GAMES GALORE** – I am

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sure there will have been lots and fun and laughter as they bring back games from their younger days and not so younger days.

Merle Barber, our handicraft officer, is trying to get all members to participate in the current competition which is the making of eye glasses cases, be they embroidered of fancy-worked. Merle has give members the basic style and material and we hope to have a few competed ones at the next meeting. Merle is still working on putting together a class to teach members the craft of gold work, which is also another technique for judging this year as is making a Yorkshire Button.

Coral was absent again from our meeting so we didn't have her usual informative report for the Ag & Environment Segment, but I did find an emailed article from her when I got back home about the primary product – HEMP SEEDS.

Cookery Officer **Beth** is still waiting to receive information on what is expected with the cookery competition so hopefully it won't be long before we know.

The **CWA Awareness Week** is being held form 3rd-9th September and the branch would like to invite local ladies to come along and see what CWA does, and maybe join a member to attend the meeting and stay on for a light bring and share lunch on **Tuesday 12th September**. This year the CWA is focusing on Challenges in Rural and Regional areas and issues on illnesses i.e. ADHD, Autism, Dyslexia and Tourette Syndrome.

Congratulations to member **Jean Price** who celebrated her 90th birthday on August 18th – hope you had a wonderful day with your family around you.

President **Margaret** also told us she and husband **Bruce** have a new great-granddaughter **Evie Mae**, who was born 30th May. Congratulations to the proud parents also.

Hope to see a few new faces at our next Branch Meeting on Tuesday, September 12th at the usual venue of Nabiac Community Village Church Hall, commencing at 10.00am.

Pam Muxlow



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We invite you to visit the centre, meet our dedicated educators and explore our learning environment.

Best regards,

Nikki and Matt Clancy



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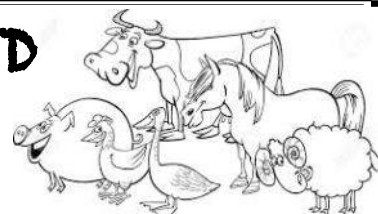
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News from Muse

Whilst Muse was steady during August, the Inner Muse Art Academy was firing on all cylinders.

The classes were sold out and the feedback and enthusiasm was great. Many students already asking when the next classes were going to be held.

With tutors travelling overseas and other factors, the next classes are not scheduled until October.

However, we are pleased to announce we will be holding a solo exhibition. Mixed media artist (and Inner Muse Art Academy tutor) **Leigh Hooker** will be holding her '*Lovers and Dreamers*' exhibition from September 29th through until October 14th. During her exhibition we will be opening Tuesday through until Sunday 10-3pm daily.

Originally scheduled for May this year, Leigh unfortunately contracted Covid and had to postpone her exhibition.

But every cloud has a silver lining, the time allowed Leigh to produce more of her amazing work, making this exhibition, bigger and better.

I have to say the work she is producing for the exhibition is, in my opinion, some of the best work she has ever done. This is definitely an exhibition you should not miss.

Leigh has let her imagination fly for this exhibition with exotic themes of wanderlust, Bohemia and exotic places all bound with a little of her usual romance, which is simply a sweet taste of dessert for this exhibition.

Her exhibition opens on Friday Sept 29th at 10am so give yourself a treat and come and see one of our truly talented local artists' work.

Speaking of 'truly talented local artists' I am very pleased to announce

MICHAEL BOURKE PLUMBING

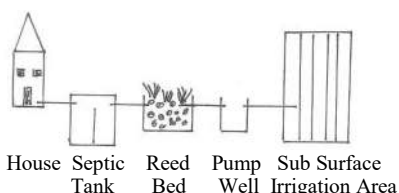
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that we have some new artists joining our little family here at Muse. After 7 months of waiting, we finally have some beautiful pastel works by *Beate Brooks-Tracy*. Also, following their successful exhibition at Gloucester, we are pleased to welcome *John Andrews* and *Meg Tulk*, both from Wauk Ivory. *Kath Soper* has also joined our family with her unique textile artwork and *Michelle Barry* has brought us some delightful 'sea glass' art.

So, drop in and check out the amazing work we have here, after all Christmas is on the way and we do Layby on purchases over \$400. Don't forget we have an amazing collection of locally made gifts and cards, with something for everyone.

Look forward to seeing you soon

Kind regards,

Janice Vance

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6554 1876



News from Nabiac Second Chance Op Shop

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

Hello to ALL,

SALE SALE SALE

Nabiac Second Chance Op Shop is having a clothing sale from 1.9.23 to 30.9.23.

\$5.00 will get you 10 pieces of clothing. This sale doesn't include priced item, all jeans, jackets, any bulky items of clothing and shoes. This is not a half price sale. Its similar to a bag sale. Due to not having bags anymore, the sale is on the number of items you purchase.

See the Op Shop's full page advertisement regarding the Sale.

We need to clear out our stock so new stock can put out. Come in and have a look there is bound to be something that catches your eye.

Projects

Nabiac Second Chance Op Shop donated a large amount of money to the Pre-school in August 2023 toward replacing their roof.

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 Kathryn will contact you to organise a day and time to meet you.

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.

There is a variety of crockery, crystal and much more. Come in and have a browse, there just may be that something you have been looking for.

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 on DVD's is still available in the shed. 15 CD's and DVD's

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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 even a beautiful Rocking Horse.

Don't forget to bring your bags.

Kind Regards

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

NABIAC RSL SUBBRANCH NEWS



Micro in size mighty in effort, the quiet achievers is what people around the state are saying about Nabiac's RSL Subbranch.

We meet once a month on a Saturday out the front of the Nabiac Café Takeaway and have established a Sports and Recreation **NO COST** program with over 80 participants a month.

Activities include Group Exercise, Zumba Pilates Yoga Cross fit and Stretching classes over at Forster for veterans and their families.

We also have in the pipeline an all-weather educational centre proposed to be established out at Sunny's Place retreat this side of Coolongolook.

If you are keen to be involved or just want to know more contact our secretary

Helen Legg on 6559 1211

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Nabiac Showground 8am-Midday.
Last Saturday of each month, except December


Next market: Saturday, 30th September, 2023

Hello Everyone,
As I write this, the August market is tomorrow. Unfortunately, I've had to get the newsletter submitted early, since I'll be travelling to remote areas this coming week, with limited Wi-Fi, and won't be able to do the article after the market!



All is set for another great market day:
The sunny weather, Fathers' Day shopping, a talk with *Megan Cooke*, a local permaculture aficionado and plenty of high-quality stalls who never fail to disappoint our Nabiac Farmers' Market shoppers.

Spring is here! It's looking like a dry spell, so it's a great time to plan some drought resistant gardening



I hope the lucky winner of this stunning little sculpture by *John Van Der Kolk* is happy with their prize!

Thank you to everyone who participated in the raffle, to raise funds for the entrance feature to Nabiac Showgrounds, to be crafted by *John Van Der Kolk*.

The repairs for the hall are set to be finished in time for the October market, thanks to council and a team of trusted local builders, led by *Rod Thomas*.

The hall will remain closed until then.

In the meantime, our amazing stallholders and shoppers have




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continued to be resilient and flexible. Luckily, the weather has been kind on market days, (although we are all hanging out for a drop of rain now!)

We hope you enjoyed the August market, see you at the next one! We are SO proud of our range of stalls... check it out...

Locally produced

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- *plants *woodwork *specialty garlic products
- *macadamia oil *olive oil *boutique gin *chutney *honey
- *gingerbread *culinary delights *kombucha *unique artisan wares
- *pasture-raised meat & eggs
- *coffee *plants *crafts *textiles *baby clothes
- *garden art *pooch care *ginger beer *jewellery
- *sourdough bread *market BBQ *fab food *tiny house show home
- *Live music

We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media 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 September market, Saturday 30th September.

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




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Krambach & District Garden Lovers News



Another month gone by.

As I reported last month we were going to visit a new garden at Cape Hawke.

Well, we did and we were most welcomed.

It was outstanding, as I had been told. It was simply glorious. Very steep on one side and flat on the other, with two very different types of garden.

The steep side had a swimming pool and gazebo, with fruit trees and Bunya Pines and the flat had Macadamia and eucalyptus and lots of lovely shrubs.

Last Monday we went to another lovely garden at Leone and Ed's place in Krambach.

They are excellent hosts and we finished with a sausage sizzle.

Their garden, which we have visited many time, is over an acre and is made up of lots of different rooms. It is so very restful.

It looks easy to maintain, but, as you know, no garden is easy!

Until next time, happy gardening

Judi

6559 1375

Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

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.

NEWS FROM NABIAC PUBLIC SCHOOL



Nabiac Public School came together once again this year to celebrate Education Week from Monday 31st July. This year's theme was "175 years of Public Education in NSW". We hosted an assembly and invited families into our open classrooms. At the assembly, we acknowledged students for their contributions to our learning community. These students were recognised for improvement in learning, effort in all areas and student citizenship. At the end of our assembly, **Christal Pearce's** contributions to our school community were acknowledged with a certificate of recognition from the school. Also, during Education Week, some of our students were recognised at the Great Lakes Learning Community Academic Assembly. A huge congratulations to the students who received awards at this prestigious event.

This week, at Nabiac Public School, we are celebrating Book Week. This year's Book Week theme is, "*Read, Grow, Inspire*". Students and families had the opportunity to purchase books from our book fair on Tuesday and students were invited to come to school dressed as their favourite book character. The staff also got involved in the day, dressing up as characters from the 101 Dalmatians book. Students, staff, and parents were then invited to parade around the school in their fabulous costumes.

In the coming month, you will be introduced to a new addition to our school. **Nelly**, who is a part of the exciting Discover Dairy Picasso Cows program. Nelly will embody the spirit of creativity and curiosity. From art projects to classroom discussions, Nelly will spark conversations about diversity, nature and the wonders of the animal kingdom. Stay tuned!!!

Until next month

Jodie Neville

Nabiac Public School



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A friendly reminder The Op Shop and Shed can no longer accept Electrical, Toys and Mechanical. due to Health reasons and changes in our Public Liability Insurance Policy.

SEPTEMBER CLOTHING SALE SALE SALE SALE

1st to 30th

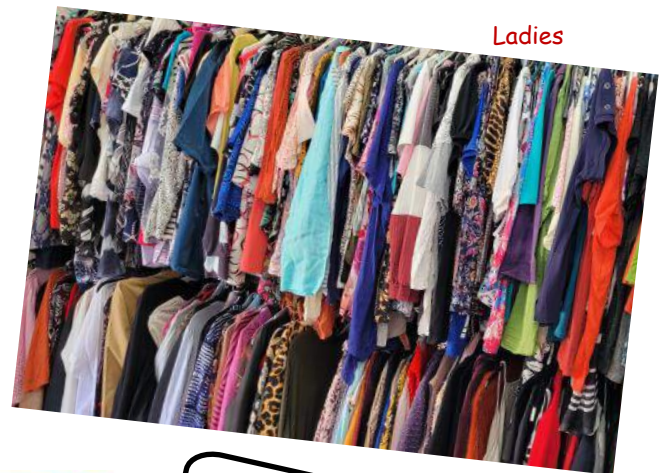
\$5.00 will get you 10 pieces of clothing

doesn't include priced item, all jeans, jackets, any bulky items of clothing and shoes

Come in and check out the racks and racks of women's, men's and kids' clothing you have to choose from!
We are making space for Spring and Summer wear so come and take advantage of cheap wardrobe filler.



Men's



Ladies

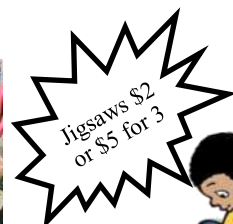


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Café/Restaurant now open

The fantastic Café & Restaurant **Bronte Belo** from Bronte and Coogee in Sydney is now open 7 days a week in Diamond Beach. Serving delicious modern Australian and Brazilian food, in a beautifully presented café with indoor and verandah dining, just 70 meters from the beach!

Open from 7am to Midday for breakfast menu and Midday to 3pm for Lunch menu. Very soon will also be open for dinner with a Liquor license.

Belo (meaning beautiful) is the perfect venue for breakfast or lunch with friends, combined with a walk or swim at beautiful Diamond Beach! And soon for dinner.

Check the Facebook and Instagram for pictures, and see menu on the website.

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The Natural Space. Holistic Nutrition Coaching – Laura Pennington.
www.naturalspacenutrition.com

Have you tried intermittent fasting?

Plenty of people swear by the health benefits. Let's take a look at the drawbacks and benefits of intermittent fasting.

Humans are hard-wired to seek out food, in particular calorie rich food.

The challenge is to decide how many nutrients to intake for our body to function optimally and realise when too much food has been consumed. When the body's systems need a break from food, to rest, digest and repair.

The human body has adapted to cope with fasting during times of food scarcity.

Food (and food products) are now available 24/7.

Before there was a constant food supply, people were opportunistic eaters, enjoying meat, fish, eggs, nuts, seeds, and fruit, and gathering or snacking on leaves, roots, and insects too. They were at the mercy of an ebb and flow of food and situations where they were on the move and often had to eat as much as possible, not knowing when the next food source would be available.

Experts explain the possible benefits of fasting, which include:

- Reduced stress on the pancreas and digestive system, ensuring better nutrient absorption
- Improved mental clarity
- Cleansing
- Reducing inflammation in the body
- Promoting weight loss
- Reduced risk of chronic diseases such as Alzheimer's, rheumatoid arthritis, heart disease and cancer
- Reducing insulin resistance

Everyone is unique, so the impact of fasting will be a unique experience too

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It depends on the starting point of a person's health.

Shilpa Ravella is the author of "A Silent Fire", the story of inflammation, diet, and disease.

She relays how Elders in Okinawa (one of the renowned Blue Zones), followed an old Confucian adage "hara hachi bu" to guide them when to stop eating, when their stomach is 80% full, rather than relying on an external stimulus, such as an empty dinner plate or the clock.

Ravella explains that "Fasting may slow aging and help to prevent or even treat conditions like obesity, hypertension, diabetes, heart disease, memory issues, bone loss, and autoimmune conditions.

TYPES OF FASTING INCLUDE:

- **16:8** This means having no food and drinks only include tea, coffee, and water for 16 hours. With an 8-hour eating window, for eating whole, healthy food.
- **5:2** Where you eat "normally" for 5 days and fast for 2 days. During the 2 days there is plenty of water intake and some food may be eaten, such as vegetables or a little fruit. Overall health depends on what is eaten during the 5 days.
- **Modified Alternate Day fasting.** Consuming 500 calories or less on alternate days. With "normal" eating on the other days.
- **Time restricted fasting:** All food is eaten during a prescribed time-frame, anywhere from 12 hours to 21 hours.
- **12 hour fast:** Likely to be suitable for most people. Finish the evening meal then don't eat for at least 12 hours.
- **Circadian fasting:** This is essentially like the 12 hour fast. Often breakfast is the largest meal of the day, with a light evening meal.

POSSIBLE DRAWBACKS TO FASTING


For some people fasting may bring challenges such as:

- Preoccupation with food, leading to eating more overall
- Eating unhealthy food during the non-fasting periods
- Using the non-fasting periods as an excuse to eat unhealthy food in larger quantities
- Feeling light-headed, cranky, or vague
- Lack of energy to think, function and exercise

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FASTING TIPS:

- **Research widely** and consider if it is right for your body.
- **Set the purpose** for fasting. What benefits are you seeking?
- **Avoid exhaustion** and rapid weight loss, these may lead to a drop in immunity and cognitive function.
- **Consider talking to your health professional** before any major dietary change.
- **People with certain chronic illnesses**, a history of eating disorder, who are underweight, pregnant or under huge stress are not candidates for fasting. Including children
- **Start gradually** and create realistic goals
- **Ensure enough fibre** (approx. 30g per day) from vegetables, nuts, seeds, and grains. It is essential for feeding our beneficial gut bacteria, nutrient absorption and cleansing the bowel.

Eat Well & Be Well everyone, **Laura xx.**



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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

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Alan, Terry and Sheila.



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Authorised by Dr David Gillespie MP, National Party of Australia, 44 Victoria Street, Taree NSW 2430.



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Welcome to Deb's Gardening,



Would you believe I have a ceramic stool in the vegetable garden that I often sit and just contemplate! I might be eating some fresh peas that I just picked or an asparagus spear or 2 but while I sit, I am planning what to plant next and where. I am not one to write up in a chart or diary what I planted and where and date etc, I just have it noted somewhere in the brain. Sometimes I must question myself - now, was it that bed I had the corn in last year or was it that one?

Lucky for me, last year was a successful corn crop that I left the stalks in and planted the peas up them and used the stalks as stakes, and so I knew that I had the corn in that bed. Vegetable gardening is all about planning ahead because as I mentioned in previous articles, vegetable crops need to be rotated and not grown in the same spot. And already now is the time to think about getting in the next season's crop, such as: tomatoes, cucumbers, corn, pumpkin, beans, cucumber, mixed lettuce, beetroot, carrots, basil watermelon and egg plant. The days are getting longer, and the soil is starting to warm up.

At some point while I sat on my stool, I must have been off with the pixies because I didn't plan it very well for where my next lot of tomatoes are to go in. Last month I merely prepared the bed, fertilised and added some lime - but when I went to plant my early variety tomatoes in last week, I remembered that I had already added in the lime... oops. Tomatoes prefer a more acidic soil around the 5.5-6 pH, and we can add lime to raise the pH.

Oh well, they went in any way. So, it is going to be interesting to see how they grow. In this situation, I could add sulphur to the soil which lowers the pH, but instead I had a plan B. I planted tomatoes on the outside of the fence of the garden bed which I didn't add lime to, and the fence can be the stake (although, that was a waste of time as, even though I netted, a bandicoot that is becoming the death of me dug

them all up).

My vegetable garden, which I thought I fenced in properly to keep vermin out, well... it doesn't! I saw a Thrush bird in there yesterday and there are holes dug everywhere, and scats that belong to a bandicoot. It makes me wonder how they are getting in, which means back to the drawing board! I see the Thrush darting about the whole garden and to me it is a privilege that I have a Thrush living in the garden, they feed on insects and are a joy to watch, but Bandicoots are another matter!

The challenges one has to face with gardening, and yet still gives me so much joy. I drive around and look at other people's gardens and see nothing but lawn and a few shrubs here and there and wonder where do they find their joy. I hope they find it in something else, if not their garden. We all need joy in our lives!

I have been waiting for years and years to get our old 80-year-old farmhouse renovated. And fingers crossed it starts next month; we have been living with umbrellas up and buckets out when it rains in the lounge room. Holes everywhere, it's well overdue. I always knew it was going to start one day so I never planted any gardens near the house, so I am looking forward to finishing the garden off. I have also been busy preparing the gardens to be maintenance free because my time in the next few months will be limited as my new position will be Trade assistant. And so, this month I have been busy finishing the pruning, mulching, weeding and edging. The garden will then be looking after itself. Hopefully I have not too many interruptions and you hear from me next month.

Until then: "The biggest obstacle to good gardening is the desire to know the answers and not the questions".

Until next time
Deb

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As a boy, Spanish artist Salvador Dali was horrified to find his pet bat dead and covered in ants. He later used ant images in much of his work

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REAL KULTCHA

This last week has had my mind in a spin as several thoughts/events/developments came together. First, was the women's soccer World Cup and this was followed closely by the announcement that the AFLW 2023 competition is about to begin and then *The Wallaroos* complained of funding inequality!

What's going on?

For starters I can remember, not so many years ago, wondering what happened to all those girls who played sport at school – why weren't they still playing some sport when they left and began work, like I was? The answer is probably because the sports weren't available for women. But things have changed and it reminded me this week of theme of the movie *Field of Dreams: If you build it, they will come*. It's a great movie and if you haven't seen it, you should.

We saw that theme play out last month for they have "built it" for women's soccer and jeepers did they come: full stadiums in both Oz and New Zealand, millions across Australia and billions across the world watching it on TV and Queen Letizia Ortiz Rocasolano of Spain (with daughter Princess Infanta Sofia in tow) were here to see the Spanish women's team *La Roja* beat the English *Lionesses* in Sydney. Prince William (who is the head of the English Football Association) didn't come (too far, apparently) but did send a video message – gee, thanks for your support! This will of course, give a boost to the sport here in Oz but do we have the facilities? The answer to that is probably a solid **NO**!

I mentioned around this time last year, the AFLW League is growing and it won't be long before they'll want a full season. "A full season?" I hear you mumble. Yes, the 2023 AFLW comp (that's Australian Rules Football for Women, for you late comers) is about to kick off – just as the men's is finishing – but here's the rub, while there are 18 teams this year, they'll only play 10 Home and Away games then a finals series. Each team won't even get to play every other team! The rumbles are already happening and I don't think it will be long before there is a serious call for a full season. 2024? That will present issues. Are there enough fields for both the established men's AFL comp and the growing women's AFLW comp - with suitable TV facilities – to play on? Their comps will be playing at the same time so in direct competition for TV time. And you, Joe/Josephine Public, who are you going to watch?

And if that's not enough, there's another issue battering at the door of an established sport that will have implications across the board. *The Wallaroos* (the Australian Women's Rugby side) recently travelled to Canada for a competition and did so in cattle-car seating. *The Wallabies* (the Australian Men's Rugby side) travelled to South Africa for some games but they travelled Business Class! Full-time contracts



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for the women have been promised but "delayed" because of a lack of money that RA says is threatening the actual existence of the game but then RA paid \$5 million for an NRL player! And if that's not bad enough, while telling *The Wallaroos* there's little money for them, RA then flew *The Wallabies* wives and girlfriends to Sydney to farewell the players as they left for a tour to Europe a couple of weeks ago!

If you build it, they will come. Well guess what, they have come and you're not ready. Not ready by a long chalk and it doesn't matter if you look at Rugby, Rugby League, Oz Rules or Soccer. I don't think there are anywhere near enough fields with suitable facilities for women – gone are the days when it was thought cold showers (invariably without a shower rose) was good enough for the guys – and then of course, there's the question of money. No, I'm not initially talking about overseas airfares, I'm talking about money for uniforms, for training facilities, for coaches and for transport to matches. If you thought your son and his sporting demands were a drain now add the same for your daughter and any other children you have.

Make no mistake about it, *The Matildas* have done very well and they should be proud of what they've achieved and we should also be proud of their efforts **BUT** what they have managed has added to the quite reasonable ground swell of female sporting expectations in this country? The PM seemed to adopt the persona of *Eddie Everywhere* as he was seen just about everywhere – wearing a Matilda's scarf – and pontificating about a public holiday when they won the comp. Well, it didn't happen of course, but Joe and Josephine will remember and though he's dropped a bucket of money into female sports I doubt it's enough and it wouldn't surprise me if it doesn't come back to haunt all levels of Government.

I have an apology. In last month's epistle I spoke of Pope Alexander VI dividing the then known world between Spain and Portugal and how, as a result, Spanish is spoken across the whole of the South American continent. Wrong. Two of the intelligentsia were quick to inform me the line the Pope drew down the middle of the Atlantic, actually crossed Brazil so that country belonged to Portugal and so speaks Portuguese. I didn't know that.

Talk at you again next month,
The Hillside Critic



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SNIPPETS



Interactive map details Council's road projects

An interactive map on MidCoast Council's website provides the community with ongoing information about the large-scale roadworks that are being undertaken across the region.

With \$60 million being spent on major road works across the Mid-Coast in 2023-24, there are a large number of projects in planning or delivery.

Director of Engineering and Infrastructure Services, Robert Scott, explained that the map function on the website provides the community with a snapshot of what they can expect to see delivered. “We are updating the information on the map on a monthly basis, so the information is current and reflects the stage we are at in each particular area,” Mr Scott said.

It includes information like timelines, funding sources, description of the work being done and what, if any impacts there will be on traffic.

It is important to note that the map only shows major renewals and new works. It does not show the maintenance, planned or unplanned, that is scheduled for an area.

Over \$16 million will be spent on the road maintenance program in addition to the \$60 million being invested in larger-scale works.

“Our maintenance work is programmed on a needs-basis that reflects the level of relative risk, and this can vary depending on the impact of weather conditions on our network and other factors,” Mr Scott said.

Information on Council's major road works can be found at www.midcoast.nsw.gov.au/majorroadprojects

Ellenborough stairway to close for renovations

A section of one of the premier natural tourist attractions on the Mid-Coast will be closed off to the public for eight weeks while renovation work is undertaken on the site.

There will be no access to the lower part of Ellenborough Falls with the walkway closed between 21st August and 16th October while crews perform maintenance work.

Access to the upper falls will remain open.

The scope of works being undertaken include the installation of a number of handrails, mid-rails and the replacement of deteriorated decking with non-slip material.

At 200 metres Ellenborough Falls is the tallest single drop waterfall in New South Wales and amongst the tallest in the southern hemisphere.

It's an iconic experience of the MidCoast region in the Barrington Coast.

For everyone's safety it was important to take notice of signage in the area while the work is being conducted MidCoast Council's Manager of Strategy and Projects, Amanda Hatton said.

“The proposed work will bring the area up to standard for the popular tourist destination that it is,” she said.

“We ask that visitors to the area understand that this work needs to be undertaken and to take notice of any closure signs during this time.”

These improvement works are thanks to a grant from the Australian Government's Local Roads and Community Infrastructure Fund.

TANYA THOMPSON MP URGES RESIDENTS TO SIGN PETITION AFTER LABOR ABANDONS REGIONAL SENIORS



Member for Myall Lakes, Tanya Thompson has urged residents to sign a petition designed to pressure the Labor government into keeping a hugely successful cost-of-living measure aimed towards regional seniors.

The Coalition rolled out the \$250 Regional Seniors Travel Card in 2019, and more than a million cards have been distributed since. But after cutting off applications for the card in July, Labor on Saturday announced a 4c per litre reduction in fuel for seniors at United service stations.

“Labor's announcement on Saturday is a weak attempt to compensate eligible seniors, and the most genuine sign so far that it plans on cutting the Regional Seniors Travel Card in September's Budget,” Mrs Thompson said.

“This plan makes it impossible for seniors living in our region to save as much as they do with our card. We only have two United service stations in the Myall Lakes, at Taree and Bulahdelah. If you can access either of those, then you'll need to put an unrealistic amount of petrol into your car in order to save as much money.”

NSW Nationals leader Dugald Saunders called the announcement ‘laughable’ and added seniors can't make the same savings under Labor's plan as they do under the Coalition's travel card.

“An eligible senior with a vehicle that has a 60-litre fuel tank would save \$2.40 each time they fill it from empty, and would need to do that 105 times a year in order to save more than the \$250 they do with our Regional Seniors Travel Card. That's basically twice a week,” Mr Saunders said.

“For Labor to pass this off as a genuine cost-of-living measure for seniors is laughable. They should keep the Regional Seniors Travel Card because it was a good program that made a meaningful difference to the lives of elderly residents in our regional communities.”

To sign the petition, people are urged to visit the website www.savethetravelcard.com.au and follow the prompts.



Better Reading, Better Communities

The Better Reading, Better Communities program is a free service to help people with reading, writing, spelling or learning the English Language.

Trained Volunteer Literacy Tutors are available through MidCoast Libraries to anyone who wants help to improve their literacy skills. This can help people to become more confident in everyday literacy tasks such as filling out forms and keeping up with the news.

“Even small tasks such as reading medicine labels can be challenging for some, so we encourage people to take advantage of this free service to help feel more confident in everyday tasks,” said MidCoast Council's Manager Libraries and Community Services, Alex Mills.

Everyone's invited to find out more about how the program works, arrange to meet with a tutor, or express an interest in becoming a Literacy Tutor. Call in to Forster Library or phone Meredith on 7955 7421.

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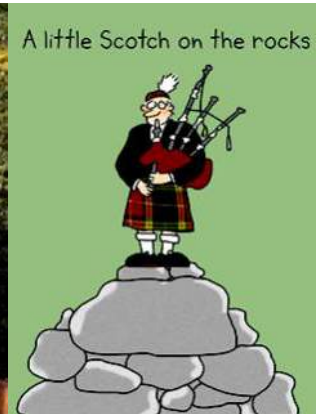
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Thank you for your understanding and stay safe.

A DC-10 had come in a little hot and thus had an exceedingly long roll out after touching down. San Jose Tower Noted: "American 751, make a hard right turn at the end of the runway, if you are able. If you are not able, take the Guadeloupe exit off Highway 101, make a right at the lights and return to the airport."

A 25-year-old Jewish woman tells her mum that she has missed her period for two months.

Very worried, the mother goes to the local pharmacy and buys a pregnancy test kit. The test confirms that her daughter is pregnant. Shouting and crying, the mother says, "Who was the selfish bastard that did this to you? I demand to know!"

Without answering, the girl picks up the phone and makes a call. Half an hour later, a Bentley stops in front of their house.

A middle-aged and very distinguished man steps out of the car and enters the house.

He sits in the lounge with the father and mother, and tells them, "Your daughter has informed me of the problem.

I can't marry her because of my personal family situation but I'll take charge. I will pay all costs and provide for your daughter for the rest of her life"

He continues, "Additionally, if a girl is born I will bequeath two retail furniture stores, a deli, a chateau in France and a \$1m bank account."

He continues, "If a boy is born my legacy will be a chain of jewellery stores and a \$25m bank account."

"However, if there is a miscarriage I'm not sure what to do. What would you suggest?"

All silent at this point, the mother placed a hand firmly on the man's shoulder and told him, "You'll try again."



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ASPARAGUS & GRUYERE TART

Being positive and looking at a Spring Meal!
(OLD WOMEN'S WEEKLY COOK BOOK)

INGREDIENTS FILLING

- | | |
|--------|--|
| 25g | Butter, thinly sliced |
| 1small | Onion, white (80g) sliced thinly |
| 12 | Asparagus spears, halved crossways (fresh) |
| 50g | Gruyere cheese, grated coarsely |
| 2 | Eggs |
| 1 tsp | Plain flour |
| ¾ cup | Pouring cream |

PASTRY

- | | |
|--------|--------------------------------|
| ¾ cup | Plain Flour |
| 75g | Cold butter, chopped |
| 1 tbsp | Parmesan cheese, finely grated |
| 1 | Egg yolk |
| 1 tsp | Iced water, approximately |
| Pinch | sweet paprika |

METHOD

MAKE PASTRY FIRST (IT HAS TO COOK AND COOL)

PASTRY

1. In a bowl, rub butter, and parmesan into the flour to make a crumbly mixture. Slowly add beaten egg yolk and enough of the water to make ingredients come together
2. Turn the dough onto a floured surface and gently knead until smooth. Wrap pastry in plastic and refrigerate for 30 minutes.

Preheat oven to 180°C (350°F)

1. Grease 10cm x 34cm (4" x 34½") rectangular loose based flan tin. Roll pastry out on a floured surface until large enough to line the tin. Ease pastry into tin, press into base and sides; trim edge. Place tin on oven tray. Refrigerate 20 minutes.
2. Line pastry with baking paper, fill with dried beans or dry rice. Bake 15 minutes; carefully remove the paper and beans. Bake further 10 minutes or until browned.
3. Increase oven to 200°C (400°F)
4. Meanwhile make the filling by melting butter in a large frying pan and cooking, onion, stirring, over low heat about 10 minutes or until soft (not browned)
5. Cook asparagus in small saucepan of boiling water for 1 minute and drain. Place immediately into a bowl of iced water, then drain
6. Sprinkle onion into cooked pastry case, top with asparagus (laid out in rows) and gruyere. Whisk eggs, flour and cream in a medium bowl/jug, pour over asparagus and onions.
7. Bake for 20 minutes or until set.

I asked my granddaughter to fetch me a newspaper.
She laughed and said "Granddad you are So Old. Just use my phone."
So I slammed her phone against the wall and killed that big hairy spider.
Don't mess with the oldies!



Artists By Any Other Name (ABAON), a not-for-profit event and performing arts management company, is bringing **Wanderlust** – a magical musical adventure featuring internationally renowned **violinist Harmonnia Junus** – to the Manning Entertainment Centre on Saturday 16th September at 7pm and Sunday 17th September at 2pm.

Previously performed at Sydney Opera House: Wanderlust explores the beauty and diversity of our world through music inspired by the six continents of Australia, Africa, Asia, Europe and North

and South America.

Internationally renowned violinist **Harmonnia Junus** will be accompanied by South-Korean born pianist **Soowon Seo** and the region's popular **Wingsong Choir** for a selection of much-loved pieces capturing the magic of South American nights, the mystique of Asia, the gypsy dances of Europe, the jazz music of North America, and the vastness and beauty of Australia and Africa. Wanderlust also pays homage to musical greats Bernstein, Piazzolla, Gershwin, Kats-Chernin and many more.



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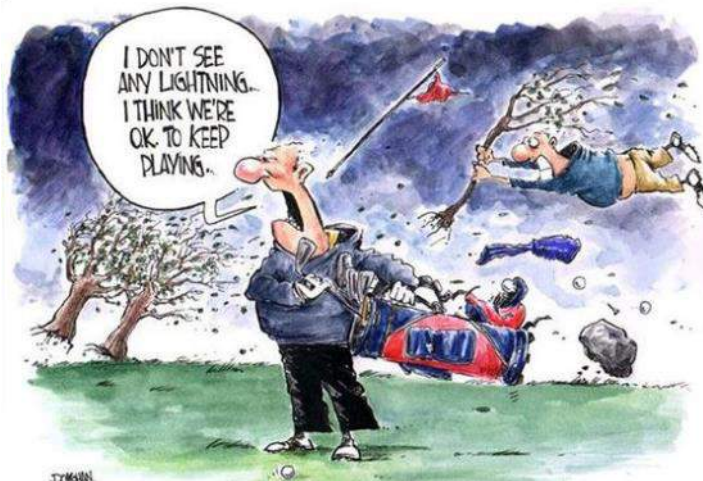
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FOR THE GOLFERS



"No, playing golf isn't a sin. However, lying about your score, swearing, playing for money, wishing the other players will play bad, and not returning that 7-iron you found is."

Housework was a woman's job, but one evening, Jenny arrived home from work to find the children bathed, one load of laundry in the washer and another in the dryer. Dinner was on the stove, and the table set. She was astonished!

It turns out that Ralph had read an article that said, 'Wives who work full-time and had to do their own housework were too tired to have sex'.

The night went very well. The next day, she told her office friends all about it. 'We had a great dinner. Ralph even cleaned up the kitchen. He helped the kids do their homework, folded all the laundry and put it away. I really enjoyed the evening.'

'But what about afterward?' asked her friends.

'Oh, that..... Ralph was too tired.'

A local charity realised that the organisation had never received a donation from the town's most successful lawyer. The person in charge of contributions called him to extract a contribution.

"Our research shows that out of a yearly income of at least \$500,000, you give not a penny to charity. Wouldn't you like to give back to the community in some way?"

The lawyer mulled this over for a moment and replied, "First, did your research also show that my mother is dying after a long illness, and has medical bills that are well beyond her means?" Embarrassed, the charity rep mumbled, "Um... no."

The lawyer interrupts, "OR that my brother, a disabled veteran, is blind and confined to a wheelchair?" The stricken charity rep began to stammer out an apology, but was interrupted again.

"OR how about that my sister's husband died in a traffic accident," the lawyer's voice rising in indignation, "... leaving her penniless with three children?!"

The humiliated rep, completely beaten, said simply, "I had no idea..."

"On a roll, the lawyer cut him off once again, "So if I don't give any money to them, why should I give any to you?"

A man was sitting reading his papers when his wife hit him on the head with a frying pan.

'What was that for?' the man asked.

The wife replied 'That was for the piece of paper with the name Jenny on it that I found in your pants pocket'.

The man then said 'When I was at the races last week Jenny was the name of the horse I bet on'

The wife apologized and went on with the housework.

Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon re-gaining consciousness the man asked why she had hit again. Wife replied. 'Your horse phoned'

THOUGHTS FOR THE DAY

Why does a round pizza come in a square box

IF CORN OIL IS MADE FROM CORN, AND VEGETABLE OIL IS MADE FROM VEGETABLES, WHAT IS BABY OIL MADE FROM ?

Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?

WHY DOES GOOFY STAND ERECT WHILE PLUTO REMAINS ON ALL FOURS? THEY'RE BOTH DOGS!

THE OLDER WOMAN

I ended up with an older woman at a club last night. She looked OK for a 61 year-old.

In fact, she wasn't too bad at all, and I found myself thinking that she Probably had a really hot daughter.

We drank a bit, and had a bit of a snuggle, and then she asked if I'd ever had a 'Sportsman's Double'.

'What's that?' I asked.

'It's a mother and daughter threesome,' she said.

I said, 'No,' - excitedly.

We drank a bit more, then she says that tonight was 'my lucky night'.

I went back to her place.

She put on the hall light and shouted upstairs: 'Mum, you still awake?'



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2023 Spring wild dog & fox control group programs - Great Lakes

Dear Landholder

DO YOU HAVE LIVESTOCK CALVING OR LAMBING THIS SPRING? Or ARE YOU SUPPORTING THE POPULATION RECOVERY & CONSERVATION OF OUR NATIVES?

We are currently planning the Spring wild dog ground baiting program in the Great Lakes area which we'd like your participation in.

The most effective way to combat increasing wild dog & fox populations is to tackle it on a broader community scale; we urge you to participate in this community program for yourself, and to help your neighbours. Controlling wild dog populations can reduce the impacts of predation on livestock and native animals, so these programs are significant for all land managers. Even if you are not being impacted by wild dogs or foxes right now, please consider taking part in the program as a strategic control measure, rather than waiting to be reactive.

To bait, you must be accredited in the handling and safe use of 1080, which includes a chemical card (AQF3), or Vertebrate Pesticide Induction Training qualification. If your accreditation is due for renewal, or you need to do the training, the VPIT can now be found online here: [Vertebrate pesticide induction \(tocal.nsw.edu.au\)](http://vertebratepesticideinduction.tocal.nsw.edu.au). This is a FREE online training session which goes for approx. 2 hours, and gives a 5 year qualification.

Alternatively, if you have someone who has a qualification and is willing to help you with the program, you can give them authority to undertake the program on your behalf, there is a form to complete if you'd like to do it this way.

This coordinated ground baiting program will run in a number of bait drop off sessions, with three locations covered in the Great Lakes district. Spring programs will also be happening in the Gloucester and Manning areas during September.

The relevant details for this program in the Great Lakes are:

Bulahdelah Showground – bait collection: Tuesday 12 September, 11am

Stroud Kevin Francis Park – bait collection: Tuesday 12 September, 1.30pm

Bunyah Hall - Friday 22 September, 11am

If you would like to take part in the program, please RSVP by replying to this email. I will reply to confirm your participation.

We don't have email contact details for all properties in the area, so **please forward this email to other landholders and talk to your neighbours**, see if they are aware & encourage them to take part by getting them to contact us. Please **do not** post details on social media groups etc.

If you would like any more info, please contact myself or Laurie Mullen on 0407 785 007.

Regards

Kirstin Bisley

Senior Biosecurity Officer

Local Land Services | Hunter

M 0438 593 875

E kirstin.bisley@lls.nsw.gov.au

26 Muldoon St TAREE 2430



Local Land Services

Free landholder field day

River Revival

workshop and riverside regen walk

with Andrew Steed, Ecosystem and Threatened Species Officer,
and Chris Scott of Sustainable Natural Resources Group

Barrington, Friday September 22nd, 9.30am-3pm



- Protecting precious river refuge pools
- Update on Manning River Turtle research
- Funding opportunities for river revival
- Riverside Bush Regeneration walk & talk

Morning tea and lunch provided

Please RSVP to Joël Dunn joel.kgl.landcare@gmail.com



MIDCOAST
council



Karuah
Great Lakes
Landcare

Hi folks

Hope you can join us for a River Revival workshop and field walk at Barrington on Friday 22nd September, 9.30am-3pm.

Hear the latest research updates on the charismatic, ancient, endangered **Manning River Turtle**, get the lowdown on Council and LLS funding for riparian regeneration, enjoy a convivial lunch, then join Manning valley Bush Regeneration veteran *Chris Scott* for an inspirational riverside walk.

Please RSVP to joel.kgl.landcare@gmail.com

Cheers, Joël

Local Landcare Coordinator

Karuah & Great Lakes Landcare

m 0401 932 533

w <https://www.midcoast2tops.org.au/karuah-great-lakes>

1. *My mother taught me TO APPRECIATE A JOB WELL DONE .
'If you're going to kill each other, do it outside I just finished cleaning.'*
2. *My mother taught me RELIGION.
'You better pray that will come out of the carpet.'*
- 3.. *My mother taught me about TIME TRAVEL .
'If you don't straighten up, I'm going to knock you into the middle of next week!'*



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GOOCH

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Good Medicine

Fathers

Some of us remember our fathers with love and appreciation and others might not have as good a memory ... mine are the not-so-good. I don't have any special memories of Fathers Day as a kid either but events weren't celebrated as much then. My grandsons' school, however, celebrates with stalls and stories. Thus I hear my son-in-law described as a car fixer with a ?food eating personality and the good habit of being silly! My daughter once related an amusing Fathers Day story about going on a bush picnic and ending up at Hungry Jacks ... after forgetting the food bag

But whether we celebrate with picnics, lunch together or going to church, it's important to honour the men and father figures in our lives because too often they are simply the butt of jokes. Most fathers love their kids and want to be a positive influence in their lives.

A paediatrician wrote a book called '*Strong Fathers, Strong Daughters*' and this has now been made into a movie. She wrote it because she noticed that the girls in her office who were 'doing well recovering from illnesses, anorexia and depression' were the ones who had fathers involved. Yes fathers are important to girls too. She says it's still popular because ... fathers realised someone was saying something positive about them and encouraging them with the thought 'you can do this'. A little encouragement goes a long way with all of us.

One way to honour the men in our lives is through obedience: whether doing chores, showing patience or listening to their insights by giving them your full attention ... and putting aside your own distractions.

Parenthood is not easy and we don't get to try it out first ... mostly we

use our own parents' ideas, good or bad. So congratulations to all fathers (and mothers) out there who are putting in their best effort!

The Bible has a lot to say about parenthood generally. We've all heard 'spare the rod and spoil the child' but this is **not** in the Bible.

Proverbs 29:17:- Correct your son and he shall delight your soul ... lovely thought.

For **fathers:** *Ephesians 6:4:-* Do not provoke your children to anger

For **children:** *Ephesians 6:1,2:-* Obey your parents ... honour your father and mother ... that it may be well with you.

Whether our father experiences are positive or not, God longs to be our heavenly Father. He is a father to the fatherless, *Psalms 68:5* and He loves us unconditionally *John 3:16*.

Here's another amazing thought - He has thoughts of peace towards you and wants you to have a future and hope, *Jeremiah 29:1!*

Quotes from Word for Today.

The Counsellor

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

: Pilots vs. Control Tower Flight Controllers!!

Tower: "*Delta 351, you have traffic at 10 o'clock, 6 miles!"*
Delta 351: "*Give us another hint! We have digital watches!"*

A student became lost during a solo cross-country flight. While attempting to locate the aircraft on radar, ATC asked, "*What was your last known position?"*

Student: "*When I was number one for takeoff."*

News From The News

Nabiatic 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 Nabiatic Community Church please contact Margaret **Weller** (6554 1212), Jill **Hammond** (6555 7747)

St Bernadette's Catholic Church, Krambach

September Mass times are Saturday 2nd at 6:00pm, Saturday 9th at 6:00pm Saturday 23rd at 6:00pm & Saturday 30th at 6:00pm
October Mass Saturday 7th 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, Nabiatic

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, Nabiatic

September Mass time is Saturday 16th at 6:00pm
** Note: Mass has changed from the 4th weekend to the 3rd.**

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WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
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Post Office - NABIAC	6554 1211
Fire Permits	1300 643 262

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

Wanted: Euchre Players

We play every Thursday night in the old Catho-
lic School Centre. We start at 7:00pm and gen-
erally finish about 9:30pm

We then have a cuppa and a chat, all for \$5.00.

Doesn't matter if you are only a beginner, you would be most
welcome

To find out more please ring

Helen on 6559 1211 or 0429 778 011



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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hi everyone,

Here we are in September once again, time is travelling fast.

To all the special Dads, Pops, uncles and the beautiful men who are no
longer with us, *Happy Father's Day.*

"DAD: A son's first hero, A daughter's first love"

"Belinda, Barb & Jess" ♥

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