

and it's FREE, too!

# ACROSS THE FENCE



News from the Wallamba Watershed is a FROGS BOTTOM PRODUCTIONS



**iroofandgutter**

►New roofs ►Re-roofing ►Repairs ►Ridge capping ►Re-Pointing  
►Roof ventilators ►Leaf guard ►Gutter & valley renewals

**Ben Strange**  
Lic 95657c  
m: 0418 285 951  
e: iroofandgutter@outlook.com

**Coastal Computing Solutions**

**Matt & Tim**  
Shop 4, 11-17 Manning Street, Taree, NSW  
In Osborne Chambers  
PH: (02) 6551 8877  
Email: admin@coastalcomputing.com.au  
Find us on Facebook

## Editorial.

Hi all,

The time has come for all of our "jabs" - flu, pneumonia, COVID boosters, hence the cover page to put a bit of levity to it all.

I have still to decide on the flu and pneumonia ones as I have only ever had one flu shot and that was to enable me to visit my elderly aunt in a nursing home. Should bite the bullet and get them as I can never tell if I am sick or just having a bad bout of sinus and, unfortunately, have reached the dreaded "vulnerable" age.

We have lost 7 advertisers this month, some due to illness and others with too much work to take on new customers for a while, which is great for them.

In saying that, we have a new bathroom renovator, and a new jack of all trades property maintenance chap. Please support them.

With the properties in the area so overgrown since the rain, I think the property maintenance companies advertising will be all kept busy for months.

Had a look at the NABIAC 'creek' update and it looks great. A lot of work done there in a relatively short time. Let's hope people stop throwing rubbish in and blocking it again. Have also seen some, I assume, visitors making use of the new picnic tables outside of the two vintage shops.

Tax time is here again and I expect everyone is occupied with getting their paperwork ready to send off to the tax man. Busy time of the year for everyone.

The weather is hard to read with cold mornings and evenings and rather lovely warm days. Instant flu weather!

Have had a teensy bit of rain. Just enough to wet the grass so that I can't mow any more for a while or light the bonfire without it smoking out the neighbours. Did manage to get the house yard very roughly mown enough for the wind and sun to start drying out the bog that is underneath it all.

Haven't had a chance to christen my "mesh vegie bags" yet to give you the 'thumbs up' as to whether they are worth buying. Will let you know when I have something to report.

Just listening to the rain falling on the roof as I type this. Has only been light so far and I hope we don't get the deluge that we are supposed to get according to the latest weather report.

Jenny Fletcher and her quilting ladies have been extra busy again with making quilts for the flood victims and are now onto baby quilts for the 'Blessing of the Bubs' of the Worimi for NAIDOC week.

School holidays are here again. They seem to come around awfully fast and I am sure they get more than I did when at school.

The blood bank is still crying out for donors. Their statics on page 13 are very interesting, to say the least.

That's it for my ramblings

'til next month

Lyn & Timidthy Cat. ( & Tilley Cat in spirit)



**Greater Taree • Manning Valley • Great Lakes • Gloucester**

**STABLE SHEDS & GARAGES**

**fairdinkum SHEDS** **SHED SAFE**

Ph 6551 6006  
E: stablesheds@westnet.com.au  
www.stablesheds.com.au

147 Manning River Drive, TAREE SOUTH  
The Stable Pty Ltd (Est. 1977) trading as Stable Sheds & Garages  
ABN 26 008 538 529 LIC# 179074C

## WHAT'S HAPPENING IN JULY, 2022

### Markets & Events.

• Bulahdelah	(1st Sat)	2 <sup>nd</sup>	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 <sup>rd</sup>	8am to 12 noon
• John's River Country	(2nd Sat)	9 <sup>th</sup>	9am to 1.30pm
• Wingham Community	(2nd Sat)	9 <sup>th</sup>	
• Myall Quays	(3rd Sat)	16 <sup>th</sup>	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 <sup>th</sup>	8am to 12 noon
• <b>Krambach</b>	(3rd Sun)	17 <sup>th</sup>	
• <b>NABIAC</b>	(Last Sat)	30 <sup>th</sup>	8am to 12 noon
• Old Bar	(Last Sun)	31 <sup>st</sup>	7am to 1pm
• Pacific Palms	(Last Sun)	31 <sup>st</sup>	9am to 1pm
• Forster Town	(2nd Sun)	10 <sup>th</sup>	8am to 2pm
• Halliday's Point	(1st Sun)	3 <sup>rd</sup>	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 <sup>rd</sup>	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 <sup>th</sup>	8am to 12 noon
• Bobbin Community		— <sup>th</sup>	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 <sup>rd</sup>	8am to 1pm
• Burrell Creek	(2nd Sun)	10 <sup>th</sup>	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	16 <sup>th</sup>	???
• Taree Rotary Book Fair	(3rd Sat)	16 <sup>th</sup>	7.30am to 12.30pm ???

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.

### ADVERTISING COSTS

Advert Size	1 Mth	6 Mths (per month)
Business Card - 9 x 4.5cm	\$ 25.00	\$ 15.00
T'ween Size - 9 x 7.5cm	\$ 30.00	\$ 20.00
Half Page - 19 x 13 cm	\$ 60.00	\$ 50.00
Full Page - 19 x 27.5 cm	\$110.00	\$100.00

**6 months cost based on payment in advance.**

**Extra costs if artwork is required or extra ink used RE DESIGN**  
Lost & Found & Freebies are free.

For Sale, Wanted, Special Sizes etc. are charged by size of ad.

**Donaldson PLUMBING & AIR CONDITIONING**  
Lic No 343867C

Phone Aaron @ NABIAC  
**0419 534 606**

Plumbing A/C Roofing Gasfitting

## Great Lakes Air and Mechanical Services

INSTALLATION MAINTENANCE & SERVICE  
ABN 74 931 244 025 • Lic. No: 123069C • ARC Lic. No: L022257

ARCTick Trading Authorisation AU11166

**Mark Tidbury**

P.O. Box 858, Forster, N.S.W. 2428

Mobile: **0427 500 329**

email: [greatlakesair@bigpond.com](mailto:greatlakesair@bigpond.com)

## NEWS FROM NABIAC PUBLIC SCHOOL



June has been a busy month for NPS students and staff. Years 3 & 4 attended an excursion to Timbertown at Wauchope. Our P&C ran a very successful Pie Drive and students have been participating in many sporting activities including soccer, touch football and futsal. We have also had students participating in the Public Speaking and Spelling Bee Competitions.

Last week we held a *Fluro Dress Up Day*. Students donated a gold coin to participate, and all funds raised will be spent purchasing books for the SRC students to present and read to children at our two local preschools.

During this term students were invited to submit an entry into the 'Tell me a Story' writing and illustration competition. 22 students participated with 4 receiving a Highly Commended award for writing. The Illustration component is yet to be judged.

Teachers have been busy writing school reports which will go home this last week of term.

Also, during the last week we will hold our NAIDOC celebrations including a special assembly and BBQ.

**NabiPatch** (our school garden) has been tended to by Mrs Madden and the students. They have been weeding and planting and donating food to our community. We have also had the local Artisan Farmer donate vegetables which we have used in our school canteen and added to the donation basket. We have recently planted lettuce in the hope of supplying our school canteen to use in their delicious burgers, wraps, salads and sandwiches.

Thank you to our wonderful P&C who presented our school with basketballs, footballs (soccer balls and netballs to come) and a gift voucher for our NabiPatch. The P&C secured the generous donation from Bunnings Forster. Thank you so much!

Education Week is held during Week 3 next term. During Education Week we will acknowledge this year's theme of 'Creating Futures – Education Changes Lives'. We celebrate the quality education provided to everyone and the opportunities afforded to the students by the Department of Education.

Kindergarten transition starts next term with children from our local preschools. We are now accepting enrolments for children starting Kindergarten in 2023.

We would like to wish all our families a safe and restful break these school holidays and as always, please keep an eye on our little school. If you see anyone on the school grounds during the holidays please call the police.

**Leonie McKinnon**

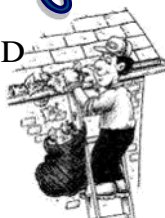
School Admin Manager (Rel)

## Gutter Snipes

ROOF GUTTERS &  
DOWNPIPES CLEANED

Fast - No Mess  
30+ Years of Experience

Phone Peter on **0404 793 966**



**Jason Packer**  
Director / Bricklayer



**PACKER**  
Bricklaying



**0409 765 515**

e: [packerbricklaying@bigpond.com](mailto:packerbricklaying@bigpond.com)

RESIDENTIAL | COMMERCIAL | INDUSTRIAL

## Show News

This month we're going to hear from three of our volunteers. They delivered a report to our Members which we felt you'd also enjoy reading.

### "Report – Produce Hall Wallamba District Show 2022"

*When we opened the doors to the Produce Shed on Thursday 17<sup>th</sup> March we were presented with a huge job. Nothing had moved for 2 years due to COVID and no 2021 Show. A team effort, by various keen helpers commenced. Moving the various stands, display boards, etc. for use in the Main Hall was a huge job in itself. Dusting off cobwebs, leaves, rat poo and termite evidence followed. The biggest task was shovelling and hosing out the inch thick mud on the concrete floor, from the floods.*

*With a limited team, but very hard workers, by 3.30pm the Shed was set up ready to start taking the Children's entries for the 2022 Show.*

*The morning of Friday 18<sup>th</sup> was a 7.00am start for our Produce Steward. Entries are accepted from 7.30am to 11am. The three volunteers all worked very hard and well together to complete all entry procedures. Next year we just need another person helping in the Produce Shed who is not also a keen submitter of entries as this delays their start time in the Produce Shed.*

*The Produce Judge was very friendly, approachable, and helpful. He was very positive to the 3 of us working in the Shed and shared a lot of knowledge. The school group that toured the Shed on Friday afternoon was positive and showed interest in produce.*

*All 3 volunteers had never been on the organising side of the Produce Shed, so a huge learning Experience and luckily, we are all efficient, quick thinking and systematic workers.*

*Having observed the Art section noting the number of visitors, we set to keeping a count. We had approximately 1,235 visitors through the Shed. Peak visiting times were during the rain showers.*

*Overall, we were very happy with the display for the 2022 Produce Shed, especially under the circumstances of all the rain we'd had prior. There was a nice collection of fruit, veggies, eggs, cheese, and honey. Feedback on the day was very positive, it looked good, and the unusual fruit and vegies were of great interest.*

*All in all, we're very pleased with the small team that put a huge effort in to make it a success. We all enjoyed it greatly and will be back next year.*

*Thank you. Bill Cartwright, Lyz Taylor and Elizabeth van Reece."*

Looking forward to sharing this kind of fun experience with more of our community in 2023.

**Sally Henderson**

Secretary Phone: 0420 93 74 63

E-mail: [secretary\\_wdah@outlook.com](mailto:secretary_wdah@outlook.com)

## SUPERIOR ELECTRICAL & SOLAR SERVICES

**MICK HANSEN**

Level 2 Authorised Contractor  
Lic. 45366c

M: 0468 344 767

E: [superiorelectrix@gmail.com](mailto:superiorelectrix@gmail.com)

W: [superiorelectricalservices.com.au](http://superiorelectricalservices.com.au)

OUR EXPERIENCE YOUR IMAGINATION

# CACHIA UPHOLSTERY

REPAIRS & RECOVERY - FURNITURE  
CARAVANS - MOTOR TRIMMING - MARINE  
SHADE SAILS - BISTRO BLINDS  
ON SITE REPAIRS - FREE QUOTES

PH - 6554 1842  
MOB - 0410 635 741

5 Norfolk Close, Tuncurry



Between the Pages

Nabiac Library News



School holidays are with us once more!! Of course Nabiac Library has a great **July holiday activity** for our crafty children on **Wednesday 6<sup>th</sup> July, 2022 between 10-11am. Bookings are Essential**, please contact [midcoastlibraries.com.au](http://midcoastlibraries.com.au) or phone 6554 1355. Come and have some fun with our Australian Animal Craft and get creative with your own mini animal scratch art. **Suitable for 5-12yrs.**

Reminder of changes to Library hours.

**Winter Library hours: Nabiac Library will close at 4.30pm both Mondays and Tuesdays.**

**Each Thursday Nabiac Library is open between 10am-12noon.**

Did everyone see Sunday Life 19<sup>th</sup> June, 2022, page 10, the **25 Best Reads in the 25 years of Sunday Life?** I quote *Melanie Kembrey* "From a barbecue gone awry to the devastation of European settlement, there's no shortage of heartbreak, havoc or hilarity in these Australian novels from the past 25 years, all worthy of a place on our bookshelves."

Below is their list:

1. The Essence of the Thing by Madeleine St John (1997)
2. Too Many Men by Lily Brett (1999)
3. True History of the Kelly Gang by Peter Carey (2000)
4. Drylands by Thea Astley (2000)
5. Year of Wonders by Geraldine Brooks (2001)
6. Of a Boy by Sonya Hartnett (2002)
7. The Bride Stripped Bare by Nikki Gemmell (2003)
8. The Great Fire by Shirley Hazzard (2003)
9. The Secret River by Kate Grenville (2005)
10. Carpentaria by Alexis Wright (2006)
11. The Museum of Modern Love by Heather Rose (2016)
12. The Book Thief by Markus Zusak (2005)
13. Breath by Tim Winton (2008)
14. A Fraction of the Whole by Steve Toltz (2008)
15. The Slap by Christos Tsiolkas (2008)
16. Jasper Jones by Craig Silvey (2009)
17. That Deadman Dance by Kim Scott (2010)
18. Questions of Travel by Michelle De Kretser (2013)
19. The Narrow Road to the Deep North by Richard Flanagan (2014)
20. Big Little Lies by Liane Moriarty (2014)

## WELNAR CLINIC

*Dr Lynette Arnoldus-Lewis*

BA; Grad.Dip; MSc; PhD; MAPS

**Psychologist**

Respected Confidential Professional

☞ Grief & Bereavement ☞ Domestic Violence ☞

☞ Survivors of Childhood Abuse ☞

☞ Marriage Counselling ☞ Work Related Injuries ☞

☞ Conflict Resolutions ☞

☞ Carers Support ☞ Family Issues ☞

☞ Approved DVA Provider ☞

50 MINIMBAH ROAD  
NABIAC 2312

PHONE: 6554 1535  
MOB: 0429 190 142

21. The Natural Way of Things by Charlotte Wood (2015)
22. Too Much Lip by Melissa Lucashenko (2018)
23. Boy Swallows Universe by Trent Dalton (2018)
24. The Yield by Tara June Winch (2019)
25. Bila Yarrudhanggalangdhuray (River of Dreams) by Anita Heiss (2022)

How many of these Aussie novels have you read? What Aussie book titles would you add to the list? Just a reminder, if you would like to read any of these great Aussie books and the book you want may not be in our library system, you can make a request for purchase. Just ask our friendly and helpful volunteer staff.



## QUILTING NEWS



We have been very industrious, sewing quilts and distributing them.

We are pleased to report that at this time of the year (end of June) we have delivered 303 quilts which are hopefully keeping people warm and comforted.

The last 15 quilts we sent to Lismore, by one of our members travelling north, were delivered to the coordinator of the Pod accommodations and were immediately furnished to the units.

As quick as our shelves of completed quilts are filled, they are emptied as we deliver them to grateful recipients in Nursing homes and hospitals and other places where they are needed.

Our latest project involves making small quilts for the Minimbah-Worimi Elders for The Blessing of the Bubs as part of NAIDOC week celebrations.

We are very grateful that we have been the recipients of some wonderful indigenous fabrics and we are taking great delight in using them up!

Jenny Fletcher.

**STEVE MERRICK  
FAMILY SWIMMING POOLS**

**0412 686 180**  
Lic No. 178556C



**FREE MEASURE & QUOTE**

## TOTAL CARAVAN REPAIRS

Over 30 years experience

Roll Out Awnings, Insurance Work, Renovations  
Camper Vans, Alterations, Service & Spare Parts

Garry  
0411 066 516

Ph. 6554 1089  
Fax: 6554 1098

Merve  
0417 599 288

[totalvan@bigpond.net.au](mailto:totalvan@bigpond.net.au)

1/18 Ferris Place Nabiac 2312



“Cherish Love, Cherish Life”

**Bridget Smith**

Registered Marriage celebrant

WINGHAM  
NSW 2429  
0475 133 796

[bridgetsmithcelebrant@gmail.com](mailto:bridgetsmithcelebrant@gmail.com)

## Nabiac Village Futures Group News



**Nabiac's Strategic Plan** supports sustainability measures such as reuse and recycling. A Depot set up at the Tuncurry Waste Management Centre is our closest place to take our recyclable cans and bottles. Since opening in 2017 they have recycled 26 million containers. The Depot employs a number of people and provides opportunity for community groups to earn money. Community groups are encouraged to set up a site where they can collect items, deliver to the Depot and earn income for their group.

<https://returnandearn.org.au/news/>

Our Strategic Plan also supports community groups and individuals growing and sharing vegetables and produce. The Nabiac Community Garden operates at the rear of the Neighbourhood Centre. It's accessible Mondays to Saturdays, 9 to 12, walk through the laneway next to the Preschool or through the Op Shop. Volunteers work in the garden behind the Op Shop Shed on Tuesdays, 9 to 12.

Have you visited the *Wallamba Share Cart*, operating at the front of St Paul's Anglican Church in Clarkson Street? Congratulations to all involved in set up and support. The other community share sites are the book shares at Bank Centre and Motorcycle Museum and the books and garden produce at front of the school.

Our Futures Group is now meeting every second month. Next meeting is first Wednesday in August, 7 pm at Neighbourhood Centre.

**Louise Collins**

### Futures Group part 2

How good has the village centre become following the massive work around the creek area? It is a credit to the contractors, **Jim Anderson Earthmoving** from Coopernook and *Mid Coast Council* and far exceeds the expectations of the Village Futures Group (VFG) when we embarked on this project some seven years ago.

Evidently some conditions on various monies available meant that the project had to be completed by the end of the financial year.

Well done to all involved, with a couple of weeks to spare.

And take a moment to view the up stream area in particular, as the Autumn/ Winter falling leaves are giving a spectacular display, English countryside almost.—*Picture on right Taken from the Clarkson St bridge looking towards the highway with the butcher shop just out of view on the left.*

The VFG is continuing to work with Council regarding changes in the village. The give way sign and road lines at the intersection of Clarkson St at the Memorial road are the only recent traffic alterations the VFG have managed to have implemented. Our proposal to have

## Firefly Plumbing

**Neil Kleinig**  
Plumber Drainer Gasfitter

Lic. No. 116954C  
Tel: 02 6559 1799 Fax: 02 6559 1799  
Mobile: 0427 591 799  
Prompt Reliable Service

# Manning Valley

## LEGAL & CONVEYANCING

**Wills & Estates - Conveyancing & Property Law**

Money & Other Disputes - Criminal, Traffic & Family Law

**For all your Legal needs: We're here to help**

**75 Isabella Street, Wingham, NSW, 2429**

**6553 0500**

[www.mvlc.com.au](http://www.mvlc.com.au)

[help@mvlc.com.au](mailto:help@mvlc.com.au)

the southern entry slow down lane from the Highway reduced from 60k to 40K by the roundabout at the Takeaway has not as yet been successful. This is evidently a tortuous process with Police, RMS and Council all having to agree on a decision. Traffic turning into Nabiac St at speed puts patients in the Doctors surgery area at risk, particularly those who have mobility problems. And we have all had the experience of some unthinking visitor opening a car door in Clarkson St in the Green House area. This is 50k and this writer followed a Police vehicle through this area recently and it remained at slightly less than 30k, fast enough one would think.

On a hopeful note it would be nice if the yobboes who recently tore down the fence adjacent the Old Bank Centre again and scattered it across the roadway, then set the bin alight at the skate park, will leave the valuable new additions to our charming village alone. One wonders if the parents of these individuals are aware they are out and about at 3am destroying private/public property or don't they care?

Some time ago we had this type of wanton destruction, and one issue was the lock on the outside post office box was damaged. This is the Queen's Mail and serious enough for the police to take the two offenders to town and interviewed in separate rooms. That fixed that!

**Bruce Weller**



## MIDCOAST RURAL PROPERTY MAINTENANCE

**FOR GENERAL INQUIRIES,  
PHONE BRAD REARDON ON;  
0429 156 088**



- Bobcat & tipper hire
- Light land clearing
- Mulching & slashing
- Hole boring
- Post ramming
- Stick raking
- Trenching
- Drive way repairs
- Rubbish removal
- General welding
- Large animal burial
- Farm equipment maintenance & repair

105 Tennants Road, Nabiac NSW 2312  
[bradreardon69@icloud.com](mailto:bradreardon69@icloud.com)  
ABN: 92 918 340 525

**FREE QUOTE | NO OBLIGATION**

## Bumblebee Drafting



0413 53 2226

Plans for new builds, additions,  
renovations, swimming pools & sheds,  
BASIX & council submissions



**PLUMBING**

777 Minimbah Road  
Nabiac NSW 2312

**Daniel Monk**

Licence No. 14313

**Licensed Plumber**

**Drainer, Gasfitter**

**Bathroom Renovations**

ARCTick Trading Authorisation  
Au: 11166

Phone: 6554 1188

Mobile: 0404 864 112

Email: ranmon@bigpond.com



## Nabiac Memorial Neighbourhood Centre Association

In 1922 the Nabiac Tennis Courts were established on Crown land next to the Nabiac Oval. Tennis was quite a popular game, and from stories told I learned that over the years there were a number of other courts in the town. Today there are just the two courts.

The condition of the courts concrete slab has been a concern for some time. The Neighbourhood Centre offered a few years ago to assist with the cost of repairs.

At recent meetings of Council and local representatives there has been discussion of options (repairing, rebuilding, relocating) and the possible future inclusion of basketball hoops and futsal. These are big picture ideas, plans for the future. A big thank you to those who are contributing.

The Neighbourhood Centre has supported the development of the pool, the skatepark, the play equipment and the BBQs. Shade sails have now been installed at the playground, and should provide some much needed shade for the children using the equipment in the warmer months. The Neighbourhood Centre's Second Chance Opportunity Shop funded the purchase of the playground equipment and the BBQs. The Federal Government's Local Roads and Community Infrastructure Program has funded the sails.

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



## EXTREME MOWING & MULCHING

We specialise in clearing steep, overgrown and dangerous terrain. Our machines are built to handle some of the toughest of landscapes. We offer an environmentally friendly and cost effective service for rural, domestic and commercial clients.

### OUR SERVICES

- ✓ Mowing, mulching & slashing
- ✓ Lantana, Invasive species removal
- ✓ Fence line clearing
- ✓ Civil works and driveway construction
- ✓ Stump grinding
- ✓ Fire trail & bush regeneration
- ✓ Rubbish Removal

LANTANA  
REMOVAL

STEEP  
TERRAIN

ACREAGE  
MOWING

MULCHING  
& SLASHING

**CALL FOR AN OBLIGATION FREE QUOTE**

**RIVERSIDE**

LAND MANAGEMENT MINIMBAH

**Richard** 0457 562 910  
**Jeremy** 0419 972 720

## Midcoast Boarding Kennels & Cattery

**Open 8am to 5pm 7 days a week**

**The ultimate 5 star home away from home for your pets  
to enjoy their own holiday whilst you enjoy yours**



Your **DOGS** will enjoy being out in big runs playing with other dogs during the day and tucked up at night indoors in their own "rooms" with their own toys.



Your **CATS** can enjoy the freedom of the "sun room" with its panoramic views of outdoors during the day to either sleep on high platforms or climb the indoor trees or just play with the toys there or other "guests" while enjoying the privacy of their own comfortable "rooms" at night

Reverse cycle **AIR CONDITIONING** keeps them **cool** in Summer's heat & **warm** in Winter's cold

Hydrobaths available for your pooch

Set in beautiful country surrounds at

86 James Cowan Road, KRAMBACH NSW 2429

Check us out on: [www.midcoastboardingkennels.com](http://www.midcoastboardingkennels.com) or

Email: [beautimbers@yahoo.com.au](mailto:beautimbers@yahoo.com.au) or

**PH: 02 6559 1284 MOB: 0458 252 952**

for a brochure, business card or just to make an enquiry

**Kerry & Steve O'Brien & Family**

## KINspirit Iris & Daylily Farm



Iris (drought tolerant & water loving)

Edible Daylilies  
(bank holding)



Farm fresh seasonal flowers

Succulent & floral wreaths & arrangements a speciality

JT's local photographic cards

Ph: 6559 1275 [www.kinspirit.com.au](http://www.kinspirit.com.au)

### NEWS FROM BUNYAH

On Sunday of the Queen's Birthday weekend we held our **'Meet & Mingle' Brunch** which was for our many new residents/property owners to meet the existing residents and vice versa! The weather was fine & sunny and the event was a great success. We had 74 people attend which was really pleasing and everyone Met & Mingled! We provided a BBQ, then cakes & slices, tea & coffee. Thank you for your attendance and Donations of \$304.00 which helped to cover part of the cost.

After such an enjoyable event, we would hope to see more of you become involved with our Hall and utilise the facilities that the different Committees over the years have been able to provide ever since the Hall started way back in 1926. We have a wonderful history and to be an active part of it, can be rewarding by way of contributing to our Hall's longevity and helping provide better facilities for our precious community.

As our Hall is an **'Evacuation Centre'** in times of disaster, I attended a **'Disaster & Recovery Workshop'** for Midcoast Halls held at the Council Chambers Taree on Tuesday 21<sup>st</sup> June 2022. The Emergency Services which were involved in this Workshop were the **SES, NSW Police Force, Australian Red Cross, NSW Ambulance, NSW Rural Fire Service & the Mid Coast Council.**

**This Workshop stressed the need for residents of all Midcoast council areas to form a Community Led Resilience Team** so that in the event of a disaster, everyone will be prepared and know what steps are needed to keep everyone safe.

**Our next Hall Committee Meeting will be held at noon on Wednesday 13<sup>th</sup> July, 2022; an item of**

## MICHAEL BOURKE PLUMBING

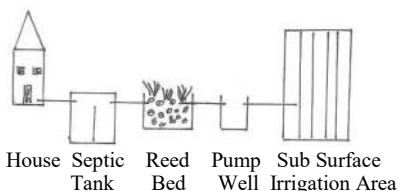
Lic. No. L14046

NABIAC

0413 935 447

Licensed Plumber, Drainer, Gasfitter, Metal Roofing,  
Bathroom Renovations, Septic Systems

**SPECIALISING IN ROSEWOOD  
REEDBED ONSITE SEPTIC SYSTEM**



- \* No Chemicals
- \* No Service Fees
- \* Easy Maintenance
- \* Environmentally Friendly

## Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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

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



Address: 100 River Street, Taree

Phone number: 0404 481 084

Email: [mglwoodworkers@yahoo.com.au](mailto:mglwoodworkers@yahoo.com.au)

Web Site: [www.mglwoodworkers.com](http://www.mglwoodworkers.com)

**Agenda will be to establish a date for the first meeting of our proposed 'Community Led Resilience Team'.** Anyone who is interested in this very important move is invited to attend.

**Anyone who cannot attend on 13<sup>th</sup> July, 2022, can contact our Hall Secretary Maureen on 0408 463 944 and advise her of their interest and opinions.**

The more input we have from everyone concerned, the better our eventual Community Led Resilience Team will be, as a functioning unit. The priority of the safety of our community in times of disaster is paramount.

Our Hall is an integral part of our community not only for social & recreational use, but also for education by **Local Land Services, Land-care** and other rural issues, so why not become involved?

Hope to see you!

*Neryl Simpson*

## Grey Gum Transport and Property Maintenance

0409 591 782 or 02 6559 1781

**WILL GO ANYWHERE. ANYTIME.  
VERY REASONABLE RATES**



8X4 TILT /SLIDE TRAY, 32 TON GVM  
Machinery moved, site sheds & containers,  
general freight, silage etc



TRACTOR WORK  
slashing, mulching, aerating & light clearing



WATER TANK  
Domestic water deliveries, 16,000 litres  
(31/2 thousand gallons) per load



LARGE AREA MOWING  
diesel zero turn mower with 60" cut



Stock Crate and cattle movements

Enquires:

**Toby O'Reilly 0409 591 782 or 02 6559 1781**

### Nabiac and District Pre-school

37 Nabiac Street, Nabiac  
(02) 6554 1170  
Open: 8.00am to 6.00pm

*Proudly Community Owned*

### Nabiac Kids' Shack

5 Clarkson Street, Nabiac  
0438273360

Before school care: 7am-9am  
After school care: 3pm-5.30pm  
Vacation Care: 7am-5.30pm



*Children—Too Precious to Profit*

### Sam The Handy Man Can.....

**M: 0416 373 172**

#### **FIX IT**

Doors  
Windows  
Fly  
Screens  
Tiles  
Gyprock  
Paint  
Any Brick Problems  
Leaky Tap/Showers

#### **BUILD IT**

Extensions  
Concrete Footings  
Retaining Walls  
Bag Rendering  
Block Laying  
Stone Work  
Curved Walls  
Water Features  
Wood Fire Ovens  
BBQs  
All Brickwork

#### **CLEAN IT**

Rubbish Removal  
Property Maintenance  
Gutter Cleaning  
Lawn Mowing  
Garden Care

ALL WORK GUARANTEED

*'Service with a Smile'*



#### **MINI DIGGER HIRE**

4 - in - 1 bucket, Auger Post  
Hole Pier Drilling, Mixer,  
Rubbish Removal and much  
more.....

## **MINIMBAH MATTERS**



**Minimbah Rural Fire Brigade** finally managed to hold an Annual General Meeting. Due to the pandemic, our last AGM was held in 2019. This year our District Manager and a strong representation of Members attended the meeting. In recognition of a job well done, our office bearers remain as they have been since our last election. This provides consistency and confirms a happy and content Brigade. **Mal Gray** was re-elected as Brigade Captain and **Phil Costa** as Senior Deputy Captain.

Since our last AGM we have played a major part in the fighting and suppression of the horrendous 2019/20 fires plus other fires since then, helped with flood issues, attended motor vehicle accidents, assisted the Ambulance service etc., as have most other Brigades.

We are Volunteers: That's what is expected of us. That's what we try to do.

In the past 12 months, formal recognition has been received from the NSW RFS Commissioner, the NSW Premier and also at a Federal level, primarily for, but not limited to, our involvement in the 2019/20 fires. This recognition includes:-

- ◇ 15 Members awarded the **"NSW Premier's Bushfire Emergency Citation for contribution and service to the NSW bush fires 2019/20 Emergency response"**
- ◇ 11 Members awarded the **"National Emergency medal for their contribution in that time of declared disaster"**.
- ◇ 2 Members awarded the **National Medal**
- ◇ 6 Members recognised with **long service medals**.
- ◇ The Commissioner's **Certificate for Service** "in recognition of their involvement and support in the effort to preserve life and property during the 2019-2020 bush fire season" was also received by several Members.

That's pretty impressive for a relatively small Brigade.

The past couple of weeks have been perfect for burning off and we have noticed that many residents have taken advantage of the conditions. Ah, the smell of smoke for days on end, and thankfully, due to careful planning, preparation and diligence, call outs have been few and far between. Well done folks. With only **two months until the Bush Fire Danger Period** begins, the NSW Rural Fire Service (RFS) will soon commence the roll out of an information and education campaign promoting the new **National Bush Fire Alert System** and the **Australian Fire Danger Rating System**. Both of these advice systems were previously developed on a state by state basis. The dreadful fires in recent years, the training we undertake with other fire and emergency agencies, and the interstate deployments that may be attended by all agencies to all states, dictated the need for **National** systems. Now we have them. Now we need to learn to understand them. Removing the boundaries should help remove the confusion. Watch this space, and your television, and your newspapers etc.

This is the 124<sup>th</sup> edition of Minimbah Matters. Lyn Reid has been producing the *Across the Fence*, initially with her late husband, since 2004. We came on board in 2007 when our new Fire Station was about to be built and we wanted to share the exciting news with our community. We believe *Across the Fence* is the best, friendliest, and most efficient way to spread the word in our area. Thanks to the advertisers who pay to promote their businesses in her publication, we have been able to "fly our Fire Brigade flag" regularly and without cost, which is extremely important to us and very much appreciated. Congratulations Lyn. *Across the Fence* is a terrific publication and community service. Thank you advertisers - we couldn't do it without you.

**Editors note:** A little dickie bird has let slip that two other members were awarded with National Medals in June and are too modest to put their names to paper. Congratulations to two extremely hard working brigade members, **Mal & Jan Gray**. Credit where credit is due, you two. Congratulations, Lyn



**Carmel Spark, Blake Moore and Mark Johnson** were presented with Long Service Medals by NSW RFS Commissioner Rob Rogers AFSM on 28<sup>th</sup> June. **Brent Williams** was also duly recognised.

# Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday

9am to 12noon

(Closed 1st Wednesday of every month)

Saturday 9am to 12 noon

37 Nabiac St, Nabiac



## Earth Body and Soul

Natural Health & Eco Products

10 Nabiac Street, NABIAIC NSW



\*New Age

\*Clothing

\*Giftware

\*Crystals & Gemstones

www.earthbodyandsoul.com

6554 1608

Like us on Facebook

## News from Nabiac Second Chance Op Shop

Closed Wednesday 6th July, 2022

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

### VOLUNTEERS NEEDED. Ladies and Men.

If you have a spare few hours during the week from 9.00am to 12.00 Monday to Saturday and would like to help raise funds for our great community and have a fun time doing so, please come in on a Tuesday or Wednesday and ask for *Kathryn*.

If I'm not available please leave your name and phone number with one of the ladies and I will contact you to organise a day and time to meet you.

I would like to take this opportunity to welcome three new volunteers *Robyn, Kym and Helen* to our great team of volunteers. They all started in June, 2022. All three ladies are enjoying their days of volunteering.

### Defibrillator:

A lot of our volunteers have been trained up on how to use the defibrillator by *John Moelker* from First Aid and Safety Training which was very successful. John provided his services for free and very informative; we are so grateful that he came all the way from Tuncurry to do the training.



The Op Shop had another good month for sales and donations for June, 2022. A big thankyou from all the volunteers for your ongoing support and generosity. Without your donations we would not have our lovely Op Shop.

The projects we fund is just as much from the community as it is from the Op Shop.

Keep the donations coming in so we can continue to fund projects for our beautiful little town of Nabiac and surrounding areas. Our latest project was the donation of the 3 x tables and benches located around the newly revived Town Creek.

Our Town Creek looks amazing and the tables are really lovely getting the beautiful winter sun.



### Plastics Bags:

Thanks to *Maz Delamotte* we now have the correct bags. In saying that, bringing your own bag would be greatly appreciated.

### Donations:

Please be mindful when donating. Only **clean** clothing and linen, bedding and towels can be sold. Please check your donations before dropping off as with all the mould and moisture around at the moment we are unable to sell mouldy or smelly items - for example shoes, bags, jackets and clothing. Also please check books, DVD's and CD's as we have found that they have been causing mould as well. Your co-operation is greatly appreciate.

Safety is always considered a priority at the Op Shop and Shed for volunteers and customers.

We are still in need of clean towels, sheets and blankets to sell. Also if you have any old linens that are not suitable to be sold they will be perfect for making rags. All these items would be received with great appreciation.

### Shop:

We will be having a \$5.00 bag of clothing sale for all of July starting Friday 1<sup>st</sup>. Please remember to bring your own bag.

Sale includes winter and summer clothing.

The sale *doesn't* include Jeans, Jackets and any items that have been priced.

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

### Shed:

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

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

Kind Regards

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



Mid North Coast  
Call Zac : 0432345521

Bumper Repairs

Cut & Polish

Stone Chips

Alloy Wheels

Scratches

Headlights

## ROY & NEV'S

### PLUMBING SERVICE

ABN: 34 225 665 588

Lic. No. 67367C

**ROY: 0427 007 366**

**MIKE: 0412 888 746**



## Property Maintenance

**BRIAN LANGDON**

PH: 0412 429 561 FULLY INSURED

LAWN MOWING PRUNING & CHIPPING GARDENING CLEANING  
RUBBISH REMOVAL HOLIDAY HOME UPKEEP GUTTER CLEAN

## Nabiac Veterinary Clinic

Clarkson Street, Nabiac

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

8.30 am to 10.00 am

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



## WALLAMBA CWA REPORT

Wallamba CWA's July meeting was attended by 11 members with 6 apologies and was declared opened by President *Margaret Weller* with the usual formalities before members paused to remember departed family members and friends. Deepest sympathy was extended to our Auditor *Kerry Clout* on the passing of her dad, together with a number of friends of Secretary *Pam Muxlow*, to Forster CWA Branch on the passing of member *Peggy Sheffield* and to Dr Colin Rose of Taree on the sudden passing of his wife Di.

Our thought this month was provided by *Penny* and it was a thought from Queen Elizabeth 11, who has turned 96 years and celebrates her Jubilee Year on the throne this year.

The thought was ***"It has been women who have breathed gentleness and care into the hard progress of humankind."***

Today we wished members *Margaret* and *Jenny* a very happy birthday for 2<sup>nd</sup> June and to *Fay* for the 4<sup>th</sup> June, whilst *Merle* and *Fred Barber* were celebrating their 61<sup>st</sup> wedding anniversary on 10<sup>th</sup> June and *Coral* and hubby were celebrating their 48<sup>th</sup> on 15<sup>th</sup> June. *Penny* and *John* also celebrated 43 yrs together. Congratulations to you all – some great numbers amongst you.

The invitation to attend the Group AG & Environment and Show & Tell Day to be hosted by Hastings Branch at Lake Cathie was discussed and 5 ladies, *Jenny*, *Merle*, *Jill*, *Beth* and *Coral* have all indicated their intentions of attending this day. We are looking forward to their thoughts on it at the July meeting.

Our delegates *Jenny*, *Fay* and *Merle* from the State Conference – which marked the 100<sup>th</sup> Centenary – of CWA NSW enjoyed it immensely and as a result *Jenny* and *Merle* have booked their coach travel already to next year's Conference which is being held at Bathurst.

*Penny's* International Report gave some interesting facts on LATVIA our Country of Study and told us they have one of the 3 oldest flags in the world dating back to 1279 – it is red and white stripes. Riga is the capital and was founded in 1201 and is noted for its many Roosters – as weather vanes instead of crosses – on the roofs of the churches. Latvian women are said to be the tallest in the world and their hottest sport is Ice Hockey.

*Penny* is hoping one of our members might be able to dress a doll in National Costume of Latvia for competition this year.

*Merle* gave her report and spoke about going to Grafton for the State Handicraft AGM and meeting up with a former Tinonee resident who is a friend of Secretary *Pam*.

The Knitting Techniques workshop set down for later in the year has been moved from Wagga to Dubbo.

*Coral's* Ag & Environment segment this meeting concentrated on the noxious Black Willow and she has done a lot of research and we have all learnt so much about it.

Our Cookery Officer *Beth* spoke on the new Cooking Schedule for 2022/23 and what the various sections include.

*Penny's* Cultural segment featured details of the 2023 ACWW

Conference planned for May 18<sup>th</sup>-25<sup>th</sup> that will be in Malaysia. It would be lovely to go to and *Penny* read out details of air fares and tours/excursions one could have whilst in attendance over there.

President *Margaret* and member *Jill* spoke about the history of the establishment of "Across the Fence" magazine all those years ago saying how it first began at the Uniting Church and how it is still a very important outlet for organizations and business within the Wallamba community to get news, functions etc out to the public being carried on by Editor *Lyn* and helpers. Many thanks to all.

President *Margaret* spoke about the Council reply re Town Creek area and it was decided we would look at maybe placing a plaque somewhere at the Showground Hall area, being that is where the CWA first held their meetings in 1964. A letter is being written to find out what we can or cannot do regarding their approval.

Many thanks to the ladies who crocheted squares and these have been made up into 2 rugs for flood victims at Lismore – beanies are now



being sourced for the men at Lismore and it is hoped to produce some of these at Wallamba to be sent there.

It is planned to have a clean out of the

cupboards at the Hall Foyer used by the CWA and also at the Community Church and de-clutter but save the more important items. A date has been set down for August 2<sup>nd</sup> at this stage and will be confirmed at the next meeting which will be held on Tuesday 12<sup>th</sup> July at the usual venue and time.

### Pam Muxlow

Sec/Publicity Officer  
Wallamba CWA Branch

# NRG

Lic. No: 43824C

## NABIAAC ROOF & GUTTERING & PLUMBING

### Ph: 0410 506 044

# OLD BANK CENTRE

OPEN SEVEN DAYS FROM 7AM

GROCERIES, FRUIT & VEGETABLES

NEWSAGENCY - LIQUOR SUPPLY

LICENCED POST OFFICE

19 NABIAC STREET,  
NABIAC 2312

PHONE: 6554 1211

## Nabiac Landcare

What glorious weather we've been having, although a few of us are having trouble getting out of a warm bed for an 8 am Landcare start. It's lovely to go out in the bush and garden without ending up in a lather of sweat or mud up to the knees.

The Nabiac Landcare crew has been hard at work at Lilypilly Bend doing follow-up weeding. We did have to cancel one working bee because of the strong winds. We haven't seen any major damage but there are many small and middle-sized branches speared into the ground. Most of the work has been hand weeding with some drilling and poisoning of camphor laurel. It is important to remember that most herbicides are most effective when the plant being treated is actively growing. Do your research before wasting your money on expensive herbicides.

This month's featured weed is another garden escapee. **Cherry Guava** (*Psidium cattleianum*) is a native of Brazil and is very much at home in the tropical and subtropical areas of Australia. It is listed in the top 100 on international lists of invasive weeds.

Many of us have this small tree/shrub in our gardens. It has small (up to 3.5 cm) reddish/purple and sometimes yellow fruits with many small shotgun pellet seeds. It's the kind of fruit that you might snack on in the garden but rarely want harvest a bucket full unless you are a keen jam maker. Cherry guavas can be made into a tart jelly or fruit paste when you get rid of the seeds. Birds and fruit eating animals love to snack as well and so cherry guava spreads into our bush.



## Audiomotion

- ANTENNA & SATELLITE INSTALLATION
- INTERNET, WIFI & NETWORKING SPECIALISTS
- TV & MUSIC SYSTEM SALES / INSTALLATION
- REMOTE CONTROL SYSTEMS
- TECHNOLOGY MADE EASY

Your Local technology experts now located in NABIAC

OFFICE: 02) 6554 1500 MOBILE: 0405 723 852  
[www.audiomotion.org](http://www.audiomotion.org)

Cherry guava has the potential to form thickets with mat like root systems that prevent the growth of other plants. The link

[NSW WeedWise](#)

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 supplied. 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 the local bush!



And you can join us in the scavenger hunt! Ring me on the number below if you find what you think is an African Olive. African olive should be fruiting now and the small black fruit can aid in identification. The link [NSW WeedWise](#)

Liz Rees 6554 3196

My favourite part of attending a marathon is watching the reaction of runners who grab my plastic cup of vodka.

You can tell a lot about a woman by her hands. For instance, if they are around your throat, she is probably upset.

## Jill Flower - NDIS Provider

ABN 30165865771

Your local NDIS provider  
Endorsed Enrolled Nurse providing  
Community Nursing, Home Support and  
Aged Care Support

“PROVIDING HIGH QUALITY CARE  
WHILE  
PROMOTING INDEPENDENCE”

Full insurances

Please call Jill: 0418 966 940

Email: [jillaflower@yahoo.com.au](mailto:jillaflower@yahoo.com.au)

## WEED WARRIOR

ON TIME EVERY TIME

Professional solutions for residential,  
commercial and rural properties

- Invasive & noxious weed management
- Lantana specialist & all weeds • Quad bike with boom spray
- Back pack spot spray • Waterway friendly chemicals
- Brush cutting & clearing • Maintenance & firebreaks
- ChemCert & OH&S accredited • Fully insured
- Free consultation & quotes

Greg Burch

**0402 830 770**  
6550 2280 Dyers Crossing



**LAST SATURDAY OF EVERY MONTH**  
8am—12 noon  
Nabiac Showground,  
Nabiac Street, Nabiac

- Fresh local produce
- Innovative artisan work
- Live workshops
- Delicious food stalls
- Live music

...  
Largest farmer's market on the Mid North Coast  
All proceeds go to community projects.

0422 177 122  
nfmcoordinator@gmail.com

TA5384605



**Home Baked  
Home Made  
Home Grown.**  
Nabiac Showground 8am-Midday.  
Last Saturday of each month,  
except December.

Next market 30th July

**Locally produced**

\*Unique artisan wares \*children's clothes \*fresh produce, \*flowers  
\*wine \*cheese \*plants \*culinary delights \*fresh lemonade  
\*chutney \*pasture-raised meat & eggs \*honey \*coffee \*plants  
\*garden art \*chooks \*dog treats \*beer \*seedlings \*jewellery  
\*sourdough bread \*market BBQ \*food  
\*Live music

- Market News**
- ♦ **We welcome our new coordinator, Annette O'Rourke.** We are excited to have her on board.
  - ♦ **The May market was a big success!** Thank you everyone!
  - ♦ Due the timing of the market this month, I can also announce that the June market was a big success too! Annette reported: It was a frosty cold start to a nice sunny day. Most stalls did well with George and his meats selling out early and those with seedlings and produce did well. People are seeing the price differences from the supermarkets, and are now supporting stallholders even more, which is great news! Both our new stalls, "My Blue Tea" and "Risen from the Deck" had a great day and are looking forward to returning. Risen from the Deck is jewellery made from old skateboard decks.
  - ♦ **Stallholder applications:**  
\*\*We are seeking more fresh produce\*\*  
Become a stallholder, be your own boss, and enjoy being a part of the market community. Having a stall is a great marketing platform for your business and earn extra \$\$\$. Head to the website, fill out the application form and email through to us for review. All applications are reviewed by more than half a dozen committee members. We strive to adhere to our ethos of "Make it, Bake it, Grow it". We embrace the following: Fresh produce; quality food; unique, hand-crafted wares; value added culinary fare; plants; flowers and natural skincare. Your business should be within a 100-mile radius (\*exceptions for produce we can't source/grow in the local area).
  - ♦ **Plastic:** There is a state government mandate stipulating no more single-use plastic, takeaway containers, and utensils. Looking for ways to be eco-friendly is always on our agenda.

**Stall holder feature: Refiner's Forge. Meet blacksmith, Wil Mander.**




Opportunity knocked when a good friend shared his blacksmith equipment and skills with Wil.

I asked Wil how he came to be involved in working with steel and about the inspiration for his work. "I started blacksmithing about six years ago. A good friend from church ran a black-smithing business years ago and still had a functioning forge on his farm. He got me started and I set up not too long after that. The workshop is a small shed in Tinonee.

# MODERN MOTORS

## NABIAC



78-80 Clarkson St Nabiac NSW 2312  
Email [modernmotors@bigpond.com](mailto:modernmotors@bigpond.com)  
Phone (02) 6554 1235

CELEBRATING 70 YEARS

*Family owned since 1947*

There are a couple of things I love about blacksmithing. I love that something so rigid and strong becomes like playdough at the right temperature. You can mould it to whatever you want and then it returns to its place of strength.

I also am particularly passionate about locating scrap steel and recycling it. Using something that was cast off, giving it new function and beauty. Some things take more focus than others, it depends on the project. I usually listen to podcasts, sermons, and music as I work.



The gas forge lights instantly but takes a couple of minutes to get to full heat. The coal forge is a little more involved to light. You need to light a small wood fire, then turn the blower on while raking the coal around it for it to light. This probably takes 5-10

minutes until it's fully going as well.

I grew up in Brisbane and moved down to this area in 2007 and have lived in the Manning Valley ever since. My wife Ashley, and I have been married for five years and our son Zion is 15 months old. My main passion is in my Christian faith and family, both of which intertwine with my blacksmithing. I play guitar and am heavily involved in the worship ministry of my local church. I have a Bachelor of Teaching/Bachelor of Arts majoring in music and minoring in history and am a teacher at a local primary school three days a week.

A product that I sell quite a lot of is hearts made from recycled horse-shoes. I straighten the shoe to set the interior point, then draw out the ends and shape the curves"

Wil has a growing number of followers on social media, increasing sales and demand for these hand-crafted pieces. It's cool to see him face the heat and forge an exciting career! (Sorry, love a good pun)

Wil has an online shop, and you can find him on Facebook and Instagram. Check out the wide range of unique designs.

Etsy—<https://www.etsy.com/au/shop/RefinersFireForge>

Instagram: @refinersfireforge

Facebook—<https://www.facebook.com/profile.php?id=100075260229050>

**Market trivia...**

- Most of the Facebook & Instagram followers for nabiac Farmer's Market are from Sydney
- The First farmers markets are said to have originated in Egypt, over 5000 years ago. They traded plants, animals, wheat, spices and later olive oil. A system of weights and trading were used, rather than money
- Markets are the backbone food culture in France, where people often shop daily for their produce. Eating in-season, local produce contributes to the good health of French people
- Farmer's markets are steadily increasing, as more people are embracing healthy food, unique wares and a desire to support their local economy.

nfmcoordinator@gmail.com  
0438 012 781 - [www.nabiac.com](http://www.nabiac.com)

We regularly post info and updates on Instagram and Facebook. Follow us and stay in-the-know!  
[nfmcoordinator@gmail.com](mailto:nfmcoordinator@gmail.com)  
[www.nabiac.com](http://www.nabiac.com)  
0438 012 781

Thank you to everyone who makes our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their customers. We appreciate you all.

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

National Blood Donor Week 2022 13-19 June

**Over 8.3 million  
Australians  
will need blood  
in their lifetime.**

Australian Red Cross  
**Lifeblood®**

 **give blood**

**Give life. Give blood.**

### MISCONCEPTIONS HINDER BLOOD DONATION INAUGURAL "STATE OF DONATION" SURVEY REVEALS AUSSIE ATTITUDES TOWARDS BLOOD DONATION

Australian Red Cross Lifeblood has unveiled new research, which reveals misconceptions may be hindering blood donation.

The first 'State of Donation' survey, released on World Blood Donor Day, found Australians underestimate how much donated blood is needed by patients each year, while vastly overestimating how many roll up their sleeves.

"Three Quarters of respondents don't know that 1 in 3 people will need donated blood in their lifetime." Lifeblood Executive Director, Donor Services, **Cath Stone** said.

"At the same time, more than 4 out of 5 Australians are unaware only 3% of the population - around half a million people - donates blood. "More than half of respondents thought there were at least 3 times as many blood donors than there are. It's a misconception that Lifeblood is trying to change as it calls for 140,000 more donors. There are now more than 3 million extra people living in Australia than there were 10

### CONCRETE PIPES FOR SALE

**225ml ID - 750ml ID - Head Walls**

**In Stock**

**300ml - 450ml - 600ml**

**Approximately 3.5 or 4 mtrs long**

**Suitable for farms**



Phone:- **'Rayann'** on **0412 107 435** or

**Ray Grahan** on **0432 767 265**

for a price or just pop in to

1371 Wang Wauk Road, Dyers Crossing

years ago, but the number of people who donate hasn't changed. Our existing blood donors can't do it alone. Escalating cold and flue cases, COVID, busy lifestyles and all sorts of other reasons mean cancellations remain high. The State of Donation survey also revealed 40% of respondents were unsure if they were eligible. When asked why, more than 20% of respondents reported reasons that would not exclude them from donating blood, like smoking, having tattoos or having had COVID. If you are unsure if you can donate our message is, *please contact us to find out. It could take a few minutes of your time and could end up saving 3 lives.*" she said

68.8% have a greater appreciation now for our health system than pre-pandemic

58.7% now spend more time at home or working from home than they did pre-pandemic

2 in 3 people (65.2%) want to return to 'normal' life.

1 in 2 people (48.1%) want to give back and help others, more than they did pre-pandemic.

69% would be more likely to donate if they knew their blood type was in short supply

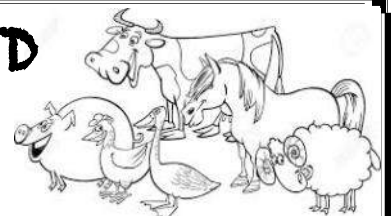
72.5% would be more willing to donate if they knew someone who needed blood.

8 out of 10 people would want a blood transfer to save their life

41.4% believe most donated blood is used for road accident and trauma patients, when in fact, most donated blood is used in cancer treatment.

## NABIAH HAY & RURAL PTY LTD

**3178 Wallanbah Road,  
DYERS CROSSING**



Phone: **Wendy - 0419 713 339**

**Ken - 0488 042 595**

**Trish - 0488 246 387**

**6550 2222**

### OPENING HOURS - 7 DAYS

Monday to Friday 7:30am to 5:00pm

Saturday 7:30am to 4:00pm

Sunday 7:30am to 12:00 noon

**LARGE VARIETY & QUANTITY OF** Small Bales, Rounds & Large Squares, Barley, Lucerne, Oaten, Grassy Lucerne, Straw,

**BAGGED PRODUCTS FOR:** Horses, Cattle, Pigs, Sheep, Goats, Poultry, Rabbits & Guinea Pigs, Calf Milk Powder, Bird Seed, Backrub Self Feeder & Backrub Oil Dry & Tinned

**DOG & CAT FOOD -**

**MOLASSES & CATTLE DRENCH**

**LICK BLOCKS**

**FENCING & GATES:**

Dominator 15kg & 40kg; Equine Blocks

Black & Gal Posts, Wire & Barbed, Pliers, Wire Spinner, Post Lifter, Hinge Sets, Yard Panels, Crushes, Loading Ramps, Bale Feeders, Gate in Frame, Slide Gate, Race Bow

**GARDEN:**

Poly Pipe Fittings & Pipe now in stock, also gulf Western Oils & Cements

Sugar Cane Mulch, Wood Shavings & Potting Mix (many varieties)

Fertilizer, Rye Grass Seed, Grazon & Axie Howl

**SHIPPING CONTAINERS -**

20ft & 40ft - B Grade & New

**Pick up & Delivery by Arrangement**



Adam Negulic

*The bathroom renovation experts*

We are experts in all the following areas:

- Re-designing
- Demolition
- Building and carpentry works
- Waterproofing
- Plumbing and drainage
- Electrical
- Gyprocking
- Floor and wall tiling
- Painting
- Installation of bathroom fixtures & shower screens, etc.

p. **0423 342 748**  
e. [info@allcoastalplumbing.com.au](mailto:info@allcoastalplumbing.com.au)

Lic. 257661C  
abn. 45695534127



# Review of Nabiac's Strategic Plan

The Strategic Plan was developed in 2004 and has been revised regularly since then with the last review being completed in 2019. The Plan is due for review again this year. Included in the Plan is a Vision for Nabiac, written by Helen Smith for the initial Plan. "Our Vision for Tomorrow and Beyond" has been included unchanged in each subsequent update of the Plan. Given it is nearly 20 years since the Vision was written, it is timely to review it. The Futures Group will look at the Vision at its next meeting, being held on 3<sup>rd</sup> August, 2022. If you would like to comment on the Vision, please email [nabiacvillagefuturesgroup@gmail.com](mailto:nabiacvillagefuturesgroup@gmail.com). If you would like to attend the meeting, please RSVP by email.

## **"Our Vision for Tomorrow and Beyond"**

"Our vision sees Nabiac as a vibrant historical rural village with a strong environmental sustainability focus. It is a friendly place, where people of all ages participate in activities that nurture the beautiful environment, enjoy arts and cultural events as well as promote a healthy lifestyle. Many families choose to live in Nabiac as there is something for everyone. Perceptions of safety are high. Community groups are vibrant, strong, open and friendly, with plenty of willing volunteers.

Our older people are able to continue living in the community they know, with support from family, friends, local medical practitioners, support services and regular visiting medical specialists. There is a purpose built retirement or aged care facility. It is easy to catch a bus to Forster or Taree if further services are needed.

The entrances into Nabiac Village are attractive and colourful. Public spaces in and around the Village are beautifully planted out and residents enjoy walking along shaded pathways through restored natural habitats along Town Creek. The boat ramp and picnic area near the river are very popular with picnickers and water sport enthusiasts. There are a number of art installations dotted throughout the village which tell stories of Nabiac - past, present and future. Local produce is valued and celebrated. Outlets for local produce attract shoppers from across the district looking for high quality fresh food and local eateries promote local producers.

The village is well connected with footpaths and cycle ways, supporting residents and visitors of all ages and abilities, to get around the village and shopping centre with ease.

The pathway networks are well signed with interpretive signage to highlight the natural and human history of the area. Road surfaces are well maintained with ample parking for cars, truck and caravans.

Nabiac is known as a 'Gateway' to the Manning Valley and Great Lakes. It thrives seven days per week because of the eclectic mix of shops while retaining its rural village charm. This blend of contemporary style with old world charm brings a rich cultural feel to the village. New businesses abound and offer employment for locals without overdeveloping the area. The village boasts a variety of charming village style shops and eateries, with many places to sit and chat or meet up with friends and visitors. Shopping is encouraged by good directional signage, colourful and quirky shop fronts and plenty of accessible parking for cars as well as caravans and RVs.

The town is home to many artists and craftspeople. There are art, music and social events and activities both in the shopping district as well as at the showground. The showground is a drawcard for community activities as well as eco and agri-tourism and people travelling with horses. The nearby sports precinct supports a range of activities and is a favourite place for young people.

The implementation of outcomes of the 'Nabiac Flood Study 2009' has led to the creek being rehabilitated from the highway underpass to well below the industrial area. The creek now provides beautiful spaces for families to picnic and enjoy the natural habitat and the flood issues of previous years have been successfully overcome.

Residents feel good about the small footprint that they leave on the environment through innovative projects such as our off grid power options and solar charging stations. We are committed to balancing, protecting and enhancing our diverse environmental elements for the enjoyment and support of both current and future generations

The revival of old skills and crafts has been taken up with enthusiasm (wood-working, blacksmithing, gardening, weaving etc.). Community groups are vital and well supported. Events such as the annual show and the farmers market have an abundance of volunteers. Sporting events have excellent facilities and hold regular games. The Neighbourhood Centre continues to house the Community Technology Centre, Second Chance Op Shop and groups needing a venue for meetings. NVFG continues to strengthen and to support the town and the community. "



Gourmet Coffee Supplier

# LABROCO

Mark Tollis - 0429 928 533



Do you need COFFEE beans? We are a local Coffee bean distribution business based in Nabiac, we supply a variety of blend options and a single origin Organic all available in 1kg bags.

If you are opening a Cafe, a coffee van or working from home we can help you with the set up and provide you and your customers with the delicious brew they need.

Chocolate, chai, syrups, milks and takeaway cups also available.

We also run a 3 hour Barista training course at our Nabiac facility.

Weekly and fortnightly deliveries throughout the Mid North Coast, contact us now for more information.

**Mark 0429 928 533 or Jennifer/Office 0417 442 247**

An English ship, The Mary Rose, sank in 1545. It wasn't recovered until 1982, when the remains of half the crew were found on board

# GOOCH

# AGENCIES

***Real Estate & Livestock***

## **CATTLE SALES:**

**NABIAC** on the Last Saturday of EVERY Month  
GOODS & CHATTLES @ 9:00am  
CATTLE @ 12:00noon

**GLOUCESTER** — CATTLE Store Sales Fortnightly  
on Thursdays

**MAITLAND** — CATTLE every Monday

**TAREE** — CATTLE Fortnightly on Mondays

## **AUCTIONEERS OF CLEARANCE SALES**

**ALL LIVE STOCK & GENERAL ENQUIRIES CONTACT**

**DAVE CALLAUGHAN**

Live Stock Agent & Auctioneer

**PHONE: 0457 707 573**

**BILL DWYER** 0427 582 990

**JAMES GOOCH** 0409 923 068

Livestock Auctioneers

61 Church Street  
GLOUCESTER NSW 2422

Email: [dcallaughan@goochagencies.com.au](mailto:dcallaughan@goochagencies.com.au)  
Internet: [www.goochagencies.com.au](http://www.goochagencies.com.au)

Office Phone: 02 6558 1205  
Fax: 02 6558 2560

The Natural Space. Learn to eat for a healthier you.

Holistic nutrition – Wellness coaching  
Good health. No fads.  
Just real food.

Consultations available

**Laura Pennington**

To arrange a consultation, contact me via [www.naturalspacenutrition.com](http://www.naturalspacenutrition.com) or message me via The Natural Space on FB or Instagram.



The Natural Space. Holistic Nutrition & Wellness coaching – Laura Pennington. Let's chat! Get in touch via the website, FB or Instagram. [www.naturalspacenutrition.com](http://www.naturalspacenutrition.com)

### Gratitude is healthy...

Eating healthy food is key to building good health. However, there are other things which are also important for your health. The following practises are known to improve digestion and sleep, reduce stress and lead to improved health of the gut microbiome and many health outcomes, such as reduced risk of heart disease and improved mental health.

Spending time in nature, engaging in hobbies which you love, practising mindfulness, and gratitude are all part of wellness.



**Being in Nature** – The Japanese have a phrase called: "Shinrin Yoku", meaning "Forest Bathing". It has ancient roots in Japan and throughout Asia and came more specifically during the 1980's to help people in the tech industry reduce their stress. A simple walk amongst the trees, along the beach, or climbing a mountain can have powerful health benefits.

**Mindfulness** – Being present reduces stress, allowing you to calm the mind and focus. How you do this is personal. You can try going for a walk and quietly name and describe things as you see and hear them: The shiny green leaf; watching two ducks flirting; a spider spinning its web and then noticing the sunlight catching the fine threads; the sound of leaves & twigs beneath your feet. It might sound silly, but this works beautifully to take your mind off daily stresses, bringing a sense of calm and centredness.

**Hobbies** – I love gardening, especially growing veggies, and edible flowers, also learning French, reading, and hiking. When I do any of these past-times, I feel fulfilled, forget everything else and feel good afterwards, both mentally and physically. Especially after a good hike.

 **NABIAC PEST CONTROL**

10 years experience in the identification and control of termites, cockroaches, spiders, etc.  
Pre-purchase and timber pest inspections  
Fully licensed and insured L2050

**Nick Sites** 0479 067 958  
[nabiacestcontrol@gmail.com](mailto:nabiacestcontrol@gmail.com)

**Steele**  
PROPERTIES.com.au

02 6554 1107 0412 609 890

Lic. Real Estate • Stock & Station • Property Management  
[welcome@steeleproperties.com.au](mailto:welcome@steeleproperties.com.au) • 82 Clarkson St, Nabiace 2312  
JP available 9am – 3pm




My psychologist friend, Dr Nicola Gates, emphasizes how important it is to have a hobby, something that takes your mind off everything else. You become fully immersed in that activity, and only think about what you're doing in that moment.



**Gratitude** - When you are happy and grateful, your brain sends messages to your gut, via the gut-brain axis. Once your gut bacteria get the message that everything is fine, they can continue to thrive. This has a profound effect on digestion. Good for gut health, immunity, mental health, and overall wellbeing.

I am so grateful for my family. Everyday.

GRATITUDE 3 GOOD THINGS...





www.naturalspacenutrition.com

Here's 3 things that I am grateful for today:

1. The herbs at my back door,
2. Hearing positive comments from a client this morning about their progress,
3. A recent trip to see family.

Head to FB, Instagram, and the website for blogs: recipes, gut health & healthy living.

  [\\_thenaturalspace\\_](https://www.instagram.com/_thenaturalspace_) [www.naturalspacenutrition.com](http://www.naturalspacenutrition.com)  
Message me on FB or Instagram, or via the website to arrange a consultation. 30-minute free chat available to find out more

Eat Well & Be Well everyone, . Laura. xxx



**P & L McKinnon**  
BUILDING

BUILDING THE FUTURE / RESTORING THE PAST

Mobile: 0412 526 354

 [www.pandlmcinnonbuilding.com.au](http://www.pandlmcinnonbuilding.com.au)  
email: [p.lmckinnonbuilding@gmail.com](mailto:p.lmckinnonbuilding@gmail.com)

Builders Licence No. 141672C



## REAL KULTCHA

And there I was thinking I was all up to date with my writing but I must have dozed off! Suddenly, I'm up to my armpits in commitments and it's possible the only way out could be to arrange for an entry in the Obituaries Column. But I'll have a shot at catching up.

Let's start with that little Russian man invading Ukraine. "Not sport," I hear you shout! Correct. But all Russian and Belarusian (because that country is helping Putin) teams/athletes have been banned from all manner of sports because most of the rest of the world reckon the invasion was, **not good form**. One of those who felt it wasn't good form were the good burghers who are in charge of Wimbledon. Seems fine except the #1 male player at the moment is a Russian!! Oops! In response the ATP (Association of Tennis Professionals) and the WTA (Women's Tennis Association) got stropky and had this year's Wimbledon stripped of world ranking points which means several top players won't attend but will play where points are awarded.

The **LIV** golf tour (No, they haven't dropped an "e" off "LIVE", that's Roman numerals for 54, the number of holes they play each event over, instead of the usual 72) is still happening and the Saudi PR machine is touting it as "**golf, but louder**", whatever that means. This year's schedule consists of 8 events and the first was at The Centurion Club in the UK. It was won by Charl Schwartzel with a score of 7 under and he pocketed \$4 million for the effort. Hennie Du Plessis was second on 6 under and pocketed \$2.125 million. The circus now moves to Pumpkin Ridge Golf Course in Portland, Oregon but, by the time you read this, that match will already be over as it was played on June 30 – July 2. Match #3 will be played on Trump National Golf Club Bedminster in New Jersey July 29-31.

Does the name Jai Hindley mean anything to you? Well, he's a cyclist, a good one and he's just won the Giro d'Italia. Still not impressed? Well, I'd suggest you go back to your pottery and forget about reading any further. Jai is from Perth and he's put in the hard yards. He also let the media know he considered himself a serious contender for the Giro when he said he wasn't in Italy to put "socks on centipedes"! You gotta love him for a comment like that. He now joins Cadel Evans as the only Australians to have won one of cycling's three grand tours.

There was of course, the first State of Origin match in Sydney and many, many south coast forests were sacrificed giving us all the good

## DViNYL

### LEATHER REPAIRS & CUSTOM SEWING OF:

VINYL, UPHOLSTERY, LEATHER, SADDLERY, CANVAS, PVC, SHADECLOTH, ZIPS, VELCRO, STUDS, RIVETS.

OFFERING A PROMPT,  
PERSONALISED  
INDUSTRIAL SEWING SERVICE

VANESSA  
0411 071 156  
NABIAC. NSW

oil on why *The Cockroaches* would beat *The Canetoads*. Well, it didn't happen and the bookies had a good night – in NSW at least. By the time you read this you'll know the result of #2 which is to be played in Perth on 26 June. The Under 18s SoO was played last evening (I'm writing this on Friday, 24 June) and NSW belted Qld and tomorrow (in Canberra) the ladies go at it with their own SoO match.

The Liz Cabbage "alleged" racial slur imbroglio continues with several members of *The Opals* (the Australian women's basketball team) saying she did direct comments at members of the Nigerian team during a warm up game before the Olympics last year while she maintains it didn't happen. Still some way to go with this issue, I fear.

*The Galahs* (our men's cricket side) are now in Sri Lanka and are probably wishing they weren't. They really are hopeless at times! If they were beef cattle you wouldn't breed from them and just to extend the thought, you probably wouldn't want to eat the steaks either! Sri Lanka is a country that is, according to news reports, bankrupt and most of the problems have been directed at the Rajapaksa regime, which has just been kicked out of office. But they sure have put together a good cricket side. *The Galahs* will be lucky to get out of there with just a thrashing.

From the OMG file: Minjee Lee (the Australian lady golfer from Perth) has just won the US Ladies Golf Open and she did it in style – at one stage she was six shots in front but ended up winning by 4. She becomes just the 6<sup>th</sup> Australian golfer to win more than one major; the country Turkey has let it be known that from now on they wish to be known as *Turkiye* and that is to be pronounced *tur-key-YAY*. They wish to dissociate its name from the bird and the negative connotations that brings; there are some dumb athletes around at the moment (no names) and to call them stupid, idiotic or even a moron doesn't seem enough. But in Bill Bryson's book *A Walk In The Woods* (ISBN 0385 408161) that I'm reading at the moment, I think I've found the right comment. Bill's walking the Appalachian Trail but is having trouble with some local folk in Gatlinburg and after slamming down the telephone mutters: "*What is it with this town? I've blown more intelligent life into a handkerchief!*" Yep, that's it. In future if I really want to tell it like it is, there'll be a reference to a handkerchief!

Talk at you next month,

*The Hillside Critic*

## Can I be a service to you ?



**Bobcat and Tipper hire!**

Fully Insured!  
Lives Local!

- Site clean
- Levelling
- Driveways
- Post hole auger
- Hoe attachment (trenching)
- Road broom
- General excavation

**Call Sam!**  
**Ph: 0417 659 131**

**Friendly, reliable,  
experienced operator**

# WT HOWARD FUNERALS

## HELPING NABIAC SAY GOOD BYE SINCE 1922

4/25 MANNING ST. TUNCURRY

## PHONE 6557 6757



**C & E  
Mobile Mechanical**

**Craig & Elysha Huggett**  
0410 655 920

Log book service  
General service  
Brakes  
Steering  
Suspension  
Electrical repairs  
Welding  
Break down assist

25 years experience  
Reliable quality workmanship  
Competitive pricing  
Servicing the Manning and Great Lakes

**The Wallamba Watershed's History** — Another in a series of historical articles gleaned from the archives of the "Manning River Times, 1946 by Bob Mann


**NABIAC:** The monthly meeting of the NABIAC Progress Association was held on Wednesday night 10<sup>th</sup> April. There was a good attendance of members. Mr G. Paterson occupied the chair. Reports were received from members of a deputation which had waited on the Shire Council regarding the electricity supply and the delegates were thanked for their efforts. With the guarantee given by the council that the local supply could continue for at least 2 years. It appears that NABIAC will not be blocked out as was thought prior to the deputation meeting this council. Many matters of local interest were discussed and it was resolved to approach Sir Earle Page and seek his assistance with the Loan Council with a view to having £4,000 made available to carry the electricity extension to the Wallamba area.

It was decided to ask the Manning Shire to have the road to Condoimbark Creek completed. This road is 2 miles long and will make it possible for five farms to be placed in preclusion(?). The Shire Council will also be asked to provide a pedestrian bridge in Clarkson Street, NABIAC. The NABIAC Parents and Citizens Association asked permission to remove trees from the road in front of the NABIAC School. Permission Granted. *Possum Brush Road* - A left span bridge has been repaired and re decked and a bridge over Bungwahl Creek repaired. *Tipperary Road* - The bridge at Afflecks washed away and a temporary crossing has been provided. Replacement of bridge is required. Cost £120.

At a recent meeting of the Manning River Shire Council the above work was reported.

**VICTORY DAY AT NABIAC.** A big programme of sports is to be held at the NABIAC Showground on Monday next in connection with Victory Day Celebrations. The proceeds will be 50/50 for the Food for Patriotic Fund and the NABIAC Sub Branch of the R.S.S. and the R.I.L.A. A ball is to be held at night



**WANG WAUK TRAGEDY: Northern Champion October, 1946:** Death of Mr Norman Harwood. There was tragic happening at Wang Wauk on Friday when Mr Norman George Charles Harwood, post-master at Wang Wauk, was found dead near his home with a discharged gun lying by his side. During the morning, deceased left home with a couple of horses stating that he intended snigging some logs to the side of the road. Later in the day a neighbour, Mr Newton noticed the harnessed horses tethered in a paddock about 3/4 of a mile from Mr Harwood's home and recognising them as the property of the deceased he drove them to the home. Mrs Harwood then informed Mr Newton that her husband had not returned home and a search party, in charge of Constable Figures of NABIAC, was at once organised to search for the missing man. Late in the evening the deceased's aged father made the sad discovery of his son's body lying beside a log in a paddock. Beside the body was single barrelled 16 gauge shot gun and



**Rawleigh's**  
HEALTHCARE

**Susan & Neville Harris**  
Independent Distributors

1099 Bunyah Road  
Bunyah NSW 2429  
02 6559 1521  
0427 591 680

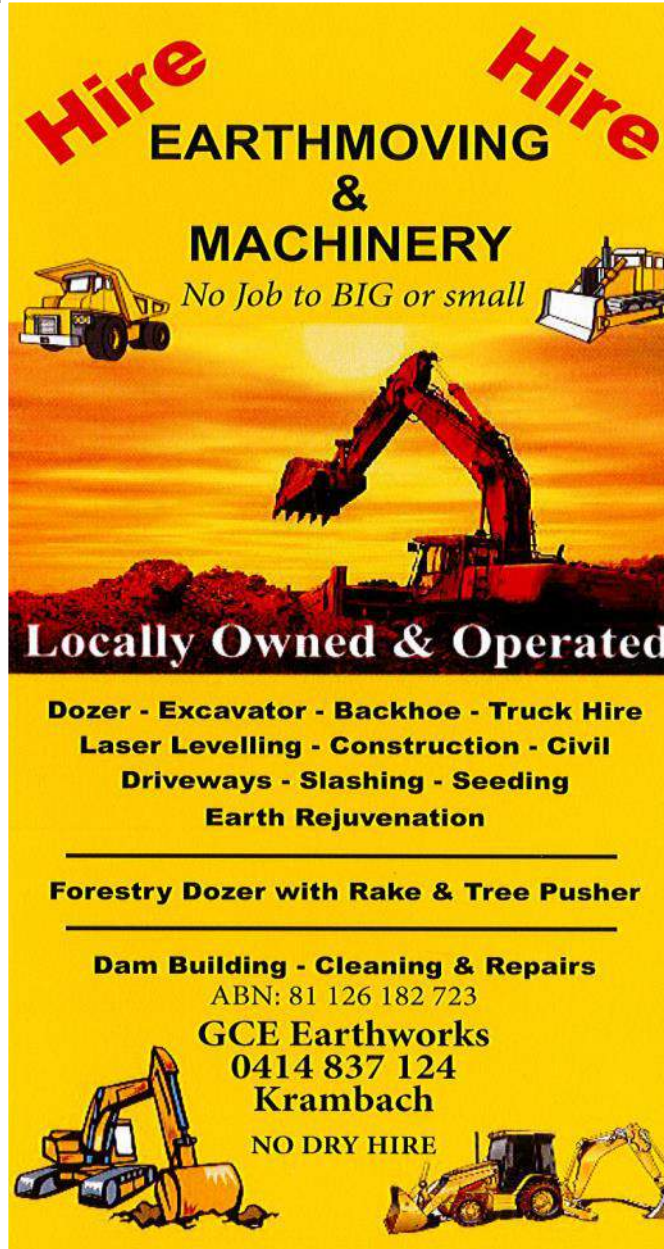
**NABIAC BUTCHERY**

WHOLESALE - RETAIL - PORK SPECIALIST  
Traditionally Smoked Ham & Bacon - Bulk & BBQ Packs  
Suppliers to Clubs, Restaurants & Hotels

**SPLIT HIRE**

**Glen Rosen** Phone: (02) **6554 1273**  
2 NABIAC Street, NABIAC NSW 2312

in the breast was a gunshot wound. The charge evidently passed out through the left side and shattered the left arm. Dr. F.C. McCredie was called out about dark and expressed the opinion that death had occurred some hours before. On Saturday evening the coroner Mr R.J. Hawkins, accompanied by Sergeant Armstrong of Taree and Constable Figures of NABIAC, proceeded to Wang Wauk to (instate ?) necessary inquiries for the inquest which will be held at NABIAC this week. The late Mr Harwood was 40 years of age and lived in the district all his life. He was married with several children. In addition to being the local postmaster he carried out farming operations and was regarded as a very hard working man. Deceased was very popular in the district and his death came as a great shock to relatives and friends. There was a large gathering for the funeral service in the Wang Wauk Church on Saturday afternoon and also at the graveside. The service was conducted by the Rev. R. V. Harrington and Mr W. T. Howard was the undertaker.



**Hire EARTHMOVING & MACHINERY**

No Job too BIG or small

**Locally Owned & Operated**

**Dozer - Excavator - Backhoe - Truck Hire**  
**Laser Levelling - Construction - Civil**  
**Driveways - Slashing - Seeding**  
**Earth Rejuvenation**

**Forestry Dozer with Rake & Tree Pusher**

**Dam Building - Cleaning & Repairs**  
ABN: 81 126 182 723  
**GCE Earthworks**  
**0414 837 124**  
**Krambach**  
**NO DRY HIRE**



**NOW**  
in store

**AKUBRA**

**Rough Rider,  
Cattleman, Territory  
and Riverina styles  
available in a variety  
of colours and sizes.**

**Fortnightly delivery run for feed, saddlery & rural supplies to Nabitac, Krambach, Gloucester areas every 1st & 3rd Wednesday of the month - \$15 flat fee - Free delivery on orders over \$400**

Open 6 days - Mon to Fri 9am - 5pm - Sat 9am - 2pm

22 Dee Crescent Tuncurry (Industrial Estate)

Ph: 02 6555 8097

[www.mustangcosaddlery.com.au](http://www.mustangcosaddlery.com.au)



## Magnesium's role in the horse's diet

Did you know many horses' lack adequate levels of magnesium? This can occur for a variety of reasons including age, mares cycling and lactating, types of pasture, diet, mineral imbalance, and physical exertion (exercise and workload).

Magnesium is an important mineral that has been shown to help owners manage horses with behavioural problems (nervousness and excitability), muscle problems and Tying-Up, Cushing's Disease, laminitis, Equine Metabolic Syndrome, and Insulin Resistance.

Often magnesium coupled with B and E vitamins is used by owners of nervous, irritable, hot, spooky and tense horses as a calming supplement. Behaviours mentioned can also be signs that the horse has a Magnesium deficiency.

Signs of magnesium deficiency include:

- Over-reactive to stimuli, such as sound and movement
- Stringhalt
- Tying up
- Physical tension
- Muscle pain, spasm, cramping, twitches, tremors, and flinching
- Loss of appetite

- Irregular or pounding heartbeat
- Teeth grinding
- Difficulty swallowing
- Behavioural problems, including:
- Stress and anxiety, spooking
- Inconsistent behaviour from one ride to the next
- Increased excitability or bucking/ rearing late in the training session (rather than fatiguing or calming down)

If you have a horse that shows signs of a magnesium deficiency, a magnesium based supplement such as Jenquine's EzyMAG+ or Ranvet's *Settle'em* may be helpful. The combination of magnesium and thiamine (B1) has been shown to reduce excitability, reactivity, and heart rate during stressful events and vitamin E helps protect muscles.

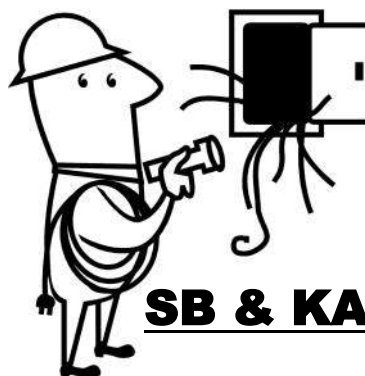


**Balanced Dressage**  
Level 1 EA Dressage Coach

*Anne Hawke*  
[balanceddressage.com.au](http://balanceddressage.com.au)  
0408 882 730



775 Minimbah Road  
2312 NSW



**Electrical  
Contractors**

Lic No 178059C ABN 22 307 897 254

**SB & KA McMILLAN**

Call Stuart for quotes and work on all your  
Domestic, Rural, Commercial and Industrial needs.  
Prompt reliable friendly service to all areas.

0438 168 147

6559 1219



# NABIAAC WATER CARRIERS

Supplying all your Water requirements

*Domestic, Swimming Pools, Rural*

Servicing: Nabiac, Dyers Crossing, Coolongolook, Krambach  
Burrell Creek and all Surrounding Areas

*Reasonable Rates*

**Mick & Donna Eason**

**Phone: 0408 541 482**

Water flows from the Amazon river into the sea with such power that even at a distance of 161 kilometres from the coast, it is possible to scoop up fresh Amazonian water from the sea



**NABIAAC**

**Shop 4/1 Nabiac Street  
6554 1537**

**7:00am to 7:00pm Monday to Saturday  
7:00am to 6:00pm Sunday**



**FRESH PRODUCE  
McGRATH MEATS  
DELI SPECIALS  
WEEKLY SPECIALS  
BEST HOT CHICKEN  
ON THE COAST**

**(get a catalogue in store)**

*Sunny & Rosie*

## Artists of Wallamba

Inspire ~ Create ~ Connect



Pablo Picasso said "Art washes away from the soul the dust of everyday life." Join us for workshop day in July if you'd like to wash away some dust!

This month, June, we 'washed away the dust' – and potholes – with a meeting at *Ariane's* home in Nabiac exploring a mixed media workshop with hot and cold wax finishes. These monthly workshops are a great way for people to share their skills and for beginners to more advanced to play with new ideas, like this nature piece by *Diane Willey* completed at the workshop.



The sessions are always fabulous with something new in art, whatever level you're at, and a great deal of laughter and good food. So please if you're new to art or new to the area, we'd love to welcome you! (*Portrait of Ariane Bell* by AOW member *Beate Brooks Tracy* on far left)

*Carmel*, one of our artists says: "Now I'm retired I have the time I need to devote to expressing myself creatively... Art is one of the most fulfilling activities I've ever done".

**How amazing to have Manning Regional Art Gallery** host a part of the touring **Archibald Prize Exhibition** for 2021. From 8<sup>th</sup> July until 21<sup>st</sup> August, this often

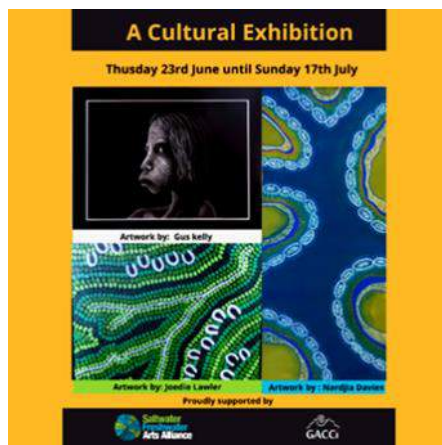


controversial Art Prize will be well worth a look. Also on is **Michael Simms – *Stages*** – a series of stunning portraits of famous people from the world of theatre.

**Great Galleries around: Forster Gallery, Lake Street, Forster**, as well as ongoing exhibitions of local artists at **The Edge Gallery, Taree**, our own **Nabiac Nook** for wonderful local goods. **Gloucester Art Gallery** presents *A Cultural Exhibition* until 17<sup>th</sup> July and then *Brushstrokes* an exhibition by **Bronwyn Barton** opening 21<sup>st</sup> July.



Michael Simms, *Zaachariaha*, Oil on Canvas



A Cultural Exhibition Promotional GACCI



Brushstrokes Promotional GACCI

Please contact **Carmel Spark** on 0419 273 849 for more details of **Artists of Wallamba** and if you would like to join our **Facebook Group**. We have ongoing information for many exhibitions, workshops, online courses and competition opportunities that our members share, along with inspiring quotes and ideas.

**Our next meeting will be toward the end of July so contact Carmel for date, details and address – as well as the topic.** We love to welcome local artists and art supporters to our monthly get-togethers and workshops, and guarantee creative company, delicious food and warm hospitality whenever we meet!



**Kate Landsberry**

## NABIAAC MOTORS

6554 1226

- Electronic Wheel Alignment
- Computer Wheel Balancing
- E-Safety
- New Vehicle Servicing

- Tyres & Batteries
- 4WD Servicing & Repairs

**Collin & Renee Went**

## NEALE BROS.

(NSW) FLOOR SANDING & CORK SPECIALISTS

SINCE 1970 Lic. No. 354 88C

### Craig Neale

0414 561 067

(Servicing the Mid North Coast)

## Minimbah Rural Management & Maintenance

- Property Management
- Excavator & Tipper – Dam maintenance, driveways, trenching, dirt & rubbish removal
- Tractor & Mulcher – Slashing, mulching, fire break clearing
- Fencing – Entrance, internal, boundary – wood & metal
- Cattle Husbandry – tagging, drenching, mustering, etc

Call: **Bill Thomson 0437 413 047**  
[minimbahrural@gmail.com](mailto:minimbahrural@gmail.com)



## Lyn's Larder

A winter recipe from the Anglican Retirement Villages cookbook. One of those great collections of loved favourite family recipes & simple

### BEEF, BEANS & HONEY

#### INGREDIENTS

- |              |                                  |
|--------------|----------------------------------|
| 2 tbsps.     | Butter                           |
| 2            | Onions, sliced                   |
| 4 level tps. | Seasoned plain flour (sifted)    |
| 1 kg         | Blade steak, chopped             |
| 2 cups       | Beef, chicken or vegetable stock |
| 4 tbsps.     | Parsley, chopped                 |
| 2 tbsps.     | Honey                            |
| ½ cup        | Soy sauce                        |
| ½ cup        | Malt vinegar                     |
| 1 tbsps      | Tomato paste                     |
| 2 tins       | Lima or red kidney beans         |

#### METHOD

1. Melt butter in a large pan and fry onions lightly. Roll chopped meat in flour and sauté in pan with onions.
2. Place all ingredients in a casserole dish and cook in a slow oven, turning occasionally until meat is tender (an hour / hour and a half)

Serve with potatoes and green vegetable or with pasta or plain rice. A little grated ginger may be added or glazed chopped ginger. (tip. Put the flour into a plastic bag with the meat and shake to evenly cover the meat. Make sure the meat is DRY first so it doesn't cake on)

After 10 years a wife started to think their child looks kinda strange so she did a DNA test and found out the child is not theirs.

She told her husband what she found out, the husband replied, "You don't remember, do you? When we were leaving the hospital the baby pooped and you told me to go inside and change him, so I went inside, got a clean one and left the dirty one!" The wife fainted.

My favourite part of attending a marathon is watching the reaction of runners who grab my plastic cup of vodka.

You can tell a lot about a woman by her hands. For instance, if they are around your throat, she is probably upset.

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



**Sean Stokes**  
 Qualified Diesel Mechanic

**0409 397 211**  
[asstokes@hotmail.com](mailto:asstokes@hotmail.com)

19 Aerodrome Rd,  
 NABIAC



### Manning Valley U3A offers worthwhile courses for you to do

You're invited to join your local University of the Third Age (U3A) which has many courses on offer starting Monday 25<sup>th</sup> July. These courses offer you a range of opportunities to explore many worthwhile interests. For this coming term 3 courses may run from an hour or two on just one day to a few weeks only through to nine weeks in total.

"Please go to our website, <http://manningvalley.u3anet.org.au> to enrol or join us online from Monday 11<sup>th</sup> July through till Monday 18<sup>th</sup> July. If you don't have internet access, come along on Thursday 14<sup>th</sup> July to enrol in person from 10-12 at Manning Uniting Church Albert St Taree", said Secretary Heather McLaughlin.

New courses are Story writing, Billy Wilder movies, Croquet, Singing for fun, Parts singing, an environmental interest group and Using Facebook.

A returning course is Doing good, better.

Continuing courses are Art as spiritual practice, Art in the Gallery, Balance and Bones, Exploring Your Valley, Everyone Has a Story, French Conversation, French by Zoom, Just Read, Let's speak Italian, Music Makers, Philosophy, Open Forum, Table Games, Sing together (again), Social Craft, Sunday Lunch Club, Ukulele MUGS and Ukulele SUS.

"There is something for everyone here. So many different interests are always catered for".

Annual membership costs \$20 but for the second half of the year it is only \$10. Course fees vary from free to \$20 for the term.

U3A is an educational and social organisation for the 50 plus age group who are semi-retired or retired. It is a completely volunteer run organisation. Courses are run by members for other members to benefit from.

For more details look at our newsletters and bulletins on the website and always keep up to date by visiting our website or contact the Secretary on 0425 757 641 or by email, [secmanningu3a@gmail.com](mailto:secmanningu3a@gmail.com)



**MID COAST LIQUID WASTE Pty Ltd**  
**SEPTIC SERVICE**  
**STEVE COBLE**

**Port-a-Loo Hire now available**

Phone **65536388**      **0412460873**  
 1760 The Lakes Way Rainbow Flat 2430      Email [stephen.coble@bigpond.com](mailto:stephen.coble@bigpond.com)

**1/1 Nabiac Street, Nabiac NSW 2312**  
 T: (02) 6554 1511      F: (02) 6554 1911  
 E: [nabpharm@nnet.com.au](mailto:nabpharm@nnet.com.au)

[@nabiacpharmacy](https://www.facebook.com/nabiacpharmacy)  
[alliancepharmacy.com.au](http://alliancepharmacy.com.au)



# Dr David GILLESPIE

THE NATIONALS FOR LYNE

*He Listens. He Cares. He Delivers.*

## Thank You for Your Support!

I'd like to wholeheartedly thank you, the people of the Lyne electorate, for your overwhelming support in re-electing me as your local Federal MP.

I look forward to working with my colleagues, both in the Coalition and across the Parliament over the course of the next term, to continue to make our region and our nation even stronger.

*David and Charlotte*



## Dr David GILLESPIE

THE NATIONALS FOR LYNE

*He Listens. He Cares. He Delivers.*

**THE NATIONALS** for Regional Australia

Authorised by David Gillespie, The Nationals, 43 High Street, Wauchope NSW 2446

### Wauchope Office

02 6586 4462  
Corner of High and Hastings Streets,  
Wauchope, NSW 2446  
david.gillespie.mp@aph.gov.au

### Taree Office

02 6557 8910  
144 Victoria Street,  
Taree, NSW 2430  
DavidGillespieMP  
david\_gillespie\_mp  
davegillespiemp



## New net for Little Street Baths

The swimming net at Little Street Baths, Forster will be replaced to create a safe barrier between swimmers and boats using the waterway.

Works will begin on Monday 20 June to remove the old and broken net and install a new one in its place.

The project will take approximately four days to complete. The baths will be closed for the duration of the works.

Little Street Baths is a popular swimming spot located 500 metres from Forster CBD. The swimming enclosure is situated in Breckenridge Channel opposite Miles Island, within Wallis Lake.

The baths and net fall within the habitat zone of the endangered Whites Seahorse found in our waterways. This threatened species breeds from October to April each year which limits the works that can be done during this period. The seahorses migrate to deeper, colder waters during the winter months.

Divers will inspect the net for Whites Seahorses prior to removing it. If any seahorses are found, they will relocate them in accordance with NSW Fisheries requirements.

## Repairs on Bulga Road landslips to begin

Work to repair the damage done by landslips to Bulga Road between Swans Road and Collings Road will begin Monday 4 July and continue through to October, weather permitting.

During this time, Bulga Road will be closed to traffic Monday to Friday, between 9am and 3.30pm. This will allow work crews to operate safely during the day but also provide access at peak commuter times. Outside of these times, traffic controls will be in place to safely guide motorists through the worksite. Minor delays may be experienced.

Alternative access between Wingham and Elands will be possible via Collings and Comboyne Roads.

## Wet wipes linked to sewer surcharge at Black Head

MidCoast Council is once again urging community members to be mindful of what they put down the toilet, **as household wet wipes continue to cause problems in the sewerage system.**

This follows a recent sewer surcharge at Black Head that resulted in sewage seeping into a section of the Black Head Lagoon.

While the waterway has since been deemed safe for swimming in accordance with NSW Health guidelines, Council's Director of Infrastructure and Engineering Services, Rob Scott, said the incident reinforced the importance of not putting anything down the drain or toilet that didn't belong there.

"An investigation into the cause of the sewer surcharge at Black Head showed that a relatively small section of tree roots penetrated the sewer manhole and quickly blocked the main due to a build-up of wet wipes," said Mr Scott.

"This isn't just a problem at Black Head, it's an issue we're experiencing right across the network. Almost daily our operational staff are having to go out and clear sewer pump stations that have been blocked by wipes."

Mr Scott said dealing with these blockages was not only unpleasant for the employees who had to manually remove them, it impacted on the local environment and was costly for Council and the community.

"Every year we're spending hundreds of thousands of dollars on this issue," he said.

"Whenever our staff members have to go out and clear wet wipes from the sewer system, it takes them away from their scheduled duties. The wipes can also damage our pumps, which means they have to be replaced a lot sooner than would've been required. All these costs have to be accounted for and ultimately they get passed on to our customers."

While many manufacturers label their wipes as 'flushable', **the reality is no wet wipes break down in the sewer system.**

A new flushable products standard has recently been introduced in Australia and New Zealand to help provide clarity to consumers about what can and can't be flushed down the toilet. Symbols showing whether a product is flushable or not will soon start appearing on product packaging.

Until then, Mr Scott said it was best to follow the time-tested three Ps rule.

"Pee, poo and toilet paper are the only things that should be flushed down your toilet."



## MORE THAN \$149 MILLION TO REDUCE COSTS FOR REGIONAL PATIENTS

Communities across the Myall Lakes will benefit from an expansion of the Isolated Patients Travel and Accommodation Assistance Scheme (IPTAAS), with the NSW Government investing an additional \$149.5 million as part of the 2022-23 NSW Budget.

Member for Myall Lakes, Stephen Bromhead welcomed the funding boost which will see more people in the Myall Lakes being eligible for subsidised travel and accommodation if they need to travel to receive specialist care.

For the first time, the scheme will be expanded with patients seeking non-commercial clinical trials, high risk foot clinics, highly specialised publicly funded dental health clinics and ophthalmologists to be eligible for assistance.

The subsidy for people requiring accommodation will be almost doubled, while the NSW Government will also nearly double the private vehicle subsidy rate from 22 cents to 40 cents per kilometre for patients who have to travel more than 100 kilometres for care.

## NATIONALS COMMIT \$20 MILLION HOSPITAL FOR FORSTER-TUNCURRY IN 2022-23 BUDGET

Member for Myall Lakes, Stephen Bromhead today welcomed the 2022-23 NSW Budget which is prioritising healthcare in the region.

Today's budget highlights for the Myall Lakes include:

\$20 million to begin work on the Forster-Tuncurry Hospital

\$100 million for Stage 2 of Manning Base Hospital

"The Hunter New England Local Health District, in collaboration with Health Infrastructure, is currently working towards fulfilling the NSW Government's commitment for the provision of a public hospital in the Forster-Tuncurry locality and today's budget includes \$20 million to begin work on the Forster-Tuncurry Hospital. This will ensure people living in and around the Great Lakes will have their health care needs met closer to home." Mr Bromhead said

## SENIORS REMINDED TO GET FLU SHOT

"Getting the flu vaccine reduces your risk of getting the flu by up to 60 per cent and most importantly it provides vital protection against severe illness and death.

"The flu shot and COVID-19 booster can be given at the same time, so if you are yet to get either, make sure to book in today."

People aged 65 and over are recommended to have the enhanced quadrivalent vaccine (Fluad® Quad), which stimulates a greater immune response in this age group, known to have a weaker response to vaccination.

Those considered to be at higher risk of severe illness from influenza are eligible for a free flu vaccine under the National Immunisation Program and include:

People aged 65 and over

Aboriginal and Torres Strait Islander people from six months of age

Children from six months to under five years of age

People with serious health conditions (including severe asthma, diabetes, cancer, immune disorders, obesity, kidney, heart, lung or liver disease)

Pregnant women

## BIOSECURITY ZONES EXPANDED TO STOP VARROA

NSW Agriculture Minister Dugald Saunders has encouraged beekeepers to be aware of their responsibilities under expanded biosecurity zones which have come into force as part of the emergency biosecurity response to Varroa mite.

Minister Saunders said NSW Department of Primary Industries biosecurity officers had now traced a total of 7 infested premises, including the initial detection at sentinel hives near the Port of Newcastle.

"A new report of an infected property in the Bulahdelah area has been identified resulting in another 10km Eradication Zone being established," Minister Saunders said.

Under orders issued by NSW DPI no bee hives can currently be moved within NSW, and no honey or honeycomb can be harvested.

Beekeepers within the 10, 25 and 50 km biosecurity zones around infested properties must also notify NSW DPI of the location of all bees by calling the Exotic Plant Pest Hotline, 1800 084 881, or visiting [www.dpi.nsw.gov.au/varroa](http://www.dpi.nsw.gov.au/varroa)

Eradication plans include treatment of beehives within a 10 km emergency zone around infested sites and inspection of managed and feral honeybee colonies within a 25 km surveillance zone.

**Still making  
QUALITY FARM  
MACHINERY  
after 30 years**

# WINGHAM FARM MACHINERY

**Your Farm Machinery Manufacturing Specialist**



Want great advice on

Farm equipment? Ask Boyd.

**OPEN HOURS - Mon to Fri 6.30am to 4.00pm**

**Saturdays 7am to 12noon**



Distributor for:  
EWA Earthware parts and attachments



**GULF WESTERN OIL**



Hydraulic Rams/  
Fittings/valves



Full stockist  
Huge range of stock

**SEE US FOR ALL YOUR FARM EQUIPMENT NEEDS. WE ARE STILL MAKING QUALITY FARM EQUIPMENT**

13 Industrial Close Wingham - Phone 6553 5729 - BOYD Mob. 0459 238 080 - [www.winghamfarmmachinery.com.au](http://www.winghamfarmmachinery.com.au) - [sales@winghamfarmmachinery.com.au](mailto:sales@winghamfarmmachinery.com.au)

## Welcome to Deb's Gardening,



Thanks to a healthy soil by adding compost, manures and my brewed tea my vegetable garden is thriving so this month the theme is compost-

What is compost? Anything that was once living can be composted. For the home gardener composting helps you recycle scraps from the kitchen and green waste from the garden.

Composting can be achieved several ways- Cold composting ( Anaerobic)

Which I have a few lidded bins placed around the garden to had scraps and waste to, it is the slowest way to compost but you can turn the compost which helps speed it up. It is the easiest of composting. The only issue with cold compost is that it does not kill weeds seeds or diseases that may have been on any plants; hence you watch what you put into your cold compost.

Hot composting (Aerobic)

It's achieved by creating a heap using the right ratios of nitrogen and carbon material, water and aeration. Hot composting is harder work as it does have to be turned more often. Carbon materials are your brown material, like straw, leaves, hay, saw dust, coffee grounds and shredded newspaper.

Nitrogen materials are your grass clippings, plant cuttings, fruit and vegetable scraps.

For the best results, start building your compost pile by mixing three parts brown material with one part green material. If your compost pile looks too wet and smells, add more brown items or aerate more often, if you see it looks extremely brown and dry, add green items

and water to make it slightly moist.

Adding compost to your soil helps raise the level of aeration and increases the moisture level in the soil thanks to the ability of water retention and improve drainage. Acting as a buffer for your plants by changing the pH levels of the soil, along with improving soil structure and stabilisation against erosion and drought. Thanks to the bacteria from compost, your plants will create antibodies and become more resistant to disease, adding compost improves the quality of your plants and makes them healthier. And to top it all off, the process of composting will minimise the amount of waste coming from your home and garden.

If that sounds all too hard and you can't be bothered make a trench in your garden bed and add your kitchen waste, it will break down and improve the soil too. I highly recommend composting either ways.

Winter is definitely here and already a few good frosts blanketed the ground. Thanks to the frost the mandarins are now sweet and tasty as are the oranges. Time to pick them and get some juiced and syrups made before there gone thanks to the wild life.

I am leaving you with another saying.

Life is like riding a bicycle, to keep your balance, you must keep moving.

Until next time

**Deb**

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

The clerk asks " How long do you want them?"

The guy replies, "A long time. We're gunna build a house!"

**//CONCRETING**

Image construction 0415487470 | 0435716061

### AND POOL INSTALLATIONS

All types of concrete domestic, commercial and civil  
Designer driveways, exposed aggregate, bond beams  
Pool surrounds.

Let us create an oasis in your own home with a pool or  
Get your dream started with your house slab or shed slab.

Local family owned and run business

Call Andrew - 0415 487 470 or Ben - 0435 716 061

for a free quote or email:- [imageconstruction@gmail.com](mailto:imageconstruction@gmail.com)

**irlen**  
**DYSLEXIA**  
**CENTRE**



**Diagnostic Assessment  
TAREE**

**for students who have:**

ADHD & Autism

Reading & Comprehension difficulties

Light sensitivity & headaches/migraines

**0409 653 700**

**[irlentaree@gmail.com](mailto:irlentaree@gmail.com)**



**BowtechByDiane**

{ BAA Member 9933 }

## Bowen Therapy

**Achieving great results in treating conditions such as:**

- Adrenal Exhaustion
- Ankle, Knee, Hamstring problems
- Back and Neck pain
- Digestive problems inc. IBS
- Hay fever, Sinus, Respiratory problems
- Headaches and Migraine
- Pelvic Imbalance
- Sciatica
- Tennis or Golfers Elbow
- And many other conditions

**Please phone 0490 148927 or  
e-mail [bowtechbydiane@gmail.com](mailto:bowtechbydiane@gmail.com)**

or see Face book page for more info - [www.facebook.com/BowtechByDiane](http://www.facebook.com/BowtechByDiane)

## Good Medicine

### Transformation

The subject of DNA is both intriguing and mind boggling! Two incredible facts about it are 'your DNA could stretch from earth to the sun and back – 600 times' and, 'we share 99.9 percent of our DNA with everyone else'. And do you know it would take 50 years of typing at 60 wpm for 8 hours a day to type the human genome.

DNA was discovered in 1869 - before the name was invented - by Friedrich Miescher although scientists did not understand it till 80 years later; then another 50 years later in 2003, the first human genome map was completed. Maybe they are still learning about it!

A man named Chris had 'his blood retested four years after his lifesaving bone marrow transplant. The donor's marrow had provided what was needed to cure him but had left a surprise: the DNA in his blood was that of his donor, not his own, even to swabs from his cheek, lips and tongue. In some ways he'd become someone else' ... although he retained his own memories and outward appearance.

This is just one of many illustrations of the amazing make up of our bodies ... ie. our eyes can blink five times in a second as eyes are the fastest muscle in the body. I recently found out that the eyelid has 30 plus oil glands which shoot out a drop of oil with every blink to lubricate the eye.

And our brain has billions of neurons and is more complex than any other structure in the universe ... scientists are still trying to understand it!

But why be amazed ... we are designed by God who is also beyond our understanding. He created Adam from the dust of the earth and breathed into him the breath of life, *Genesis 2:7*. We are wonderfully made and He knows everything about us, *Psalms 139*.

The experience of Chris resembles what happens in the life of someone who receives salvation in Jesus. Trusting Jesus is like being trans-



**nabiac & tuncurry**

REAL ESTATE

6554 1450



Shop 2 Village Green  
Nabiac Street,  
NABIA NSW 2312

Shop 1  
11 Manning Street.  
TUNCURRY NSW 2428

**Graham Russell 0434 630 010**  
**Melissa Mendham 0413 408 184**  
**Glenn Russell 0493 087 932**

Email: [enquiries@nabiacre.com](mailto:enquiries@nabiacre.com)  
[www.nabiacrealestate.com](http://www.nabiacrealestate.com)

Rural \* Residential \* Property Management  
"Your Local Active Agents"

formed into a new person. In *Ephesians 4:22, 24* the Bible encourages us to put off the old man ... and put on the new self.

We don't need DNA swabs or blood tests to show the transforming power of Jesus is alive in us. The inward reality will be evident in the way we live and engage with others ... showing kindness and compassion, helping, going the extra mile, forgiving, *Ephesians 4*.

Today it seems more people than ever, for all kinds of reasons, are in need of help ... with finance, food, accommodation, and other needs. According to the media, charities are helping more people than ever, and it seems more people are homeless.

In Nabiac, examples of help available include the Op shop and barrows containing food items ... one sign says 'take what you need, give what you can' (Anglican church).

Jesus said love the Lord your God and love your neighbour as yourself.

Quotes from ourdailybread.org

Counsellor

### THE VICAR'S FALSE TEETH

Pastor goes to the dentist for a set of false teeth.

The first Sunday after he gets his new teeth, he talks for only eight minutes.

The second Sunday, he talks for only ten minutes.

The following Sunday, he talks for 2 hours and 48 minutes.

The congregation had to mob him to get him down from the pulpit and they asked him what happened.

The Pastor explains, the first Sunday his gums hurt so bad he couldn't talk for more than 8 minutes. The second Sunday his gums still hurt, so he could only talk for about 10 minutes. But, the third Sunday, he put his **wife's teeth in by mistake and he couldn't shut up**



## News From The News

### Nabiac 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 Nabiac Community Church please contact Margaret Weller (6554 1212), Jill Hammond (6555 7747)

### St Bernadette's Catholic Church, Krambach

July Mass times are Saturday 2<sup>nd</sup> at 6:00pm - Saturday 9<sup>th</sup> at 6:00pm  
- Saturday 16<sup>th</sup> at 6:00pm - Saturday 30<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, Nabiac

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

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

### St Isidore's Catholic Church, Nabiac

July Mass time is Saturday 23<sup>rd</sup> at 6:00pm

## NEVILLE EARTHWORKS

BOBCAT, EXCAVATOR  
& TIPPER HIRE

DRIVEWAYS, EXCAVATION  
GRAVEL SUPPLIES, NARROW  
ACCESS SPECIALISTS



Prompt Reliable Service Covering  
The Great Lakes & Manning Region 0412 075 835

# Belinda's

## BEAUTY SALON

### NABIAC

CNR NABIAC & CLARKSON STREETS

## 6554 1326

## Barb's

Hair care...

## 0431 168 318

Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hello everyone,

"Little by little, day by day, what is meant for you will find it's way."

Belinda ☺

## KRAMBACH HALL HAPPENINGS

**HALL MEETINGS:** Monday following the Krambach Markets each month at 3.00pm. Next meeting on **Monday 18<sup>th</sup> July, 2022.**

**Volunteers and Committee members welcome to join.**

**HALL MARKETS:** 3rd Sunday of the month. 17th July.

Stall spaces available. One table costs \$11, two are \$16 and 3 are \$22  
Phone Judy Bonnifin Wright on 6559 1375 to book one.

**HALL BOOKINGS:**

Contact **Fay Deer** on 6559 1562 or **Debbie Gray** on 6559 1475

Apologies for not changing the meeting/market dates in last 2 months issues. Ed.

**Nabiac Public School P&C**

**Wanted - Volunteers**

### Canteen in Term 3

We are looking for new volunteers to join us in the canteen for Term 3.

The hours are only 9-11:40AM AND THE WORK IS EASY.

Come in, meet some new people, have a laugh and lunch is on us.

If you can help out just 1 day next term, it would be greatly appreciated.

We are hoping to be able to reopen Mondays if we can get the volunteers.

If you or someone you know can join the canteen team, please get in contact with the school front office or Michelle (Canteen manager) directly on **0423 491 003**

## ATHERTON ANGUS STUD

(Previously Moredun Creek Angus Stud at Firefly)

**Quality Angus Cattle for sale**

- Extremely quiet and easy to handle
- Excellent stock for small landholders
- Local born, acclimatised to coastal conditions/diseases
- Bred using best Angus genetics by Artificial Insemination
- Bulls from \$8,000 ex GST
- Commercial Angus heifers \$2,500 ex GST
- Culled Stud Cows \$5,000 ex GST

These prices represent good value for excellent cattle in the current market. All enquiries to Hamish Barker on 0414 914 598

Email enquiries to hamishtb@hotmail.com

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

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

### Do you need a *Justice of the Peace?*

Then contact

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

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

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

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

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

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

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

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

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

### Useful Numbers

#### EMERGENCY - Police - Fire - Ambulance 000

Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAUNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5595 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262



## NABIAC EXCAVATION SERVICES

Phil & Ben Martin

Mobile: 0407 948 755