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Editorial.

Hi all,

Easter has been and gone, as have the kids holidays and presumably everything is back to normal!

Next big thing will be your dreaded tax returns at the end of June. Hope everyone has kept up to date with dockets, etc.

I always mention the weather which at the moment is crazy. Not sure what to put on of a morning, just making sure it is layers so that they can be removed as the day heats and replaced when it getscold again. Haven't quite reached the fire stage, still wrapped up in a "blankie" to watch the box!

Need to clean the chimney before I progress any further and as the local fire brigade keeps warning us, **MAKE SURE THE CHIMNEY IS CLEAN AS IT CAN CAUSE BAD HOUSE FIRES** if no.

Talking of the fireries (never know how to spell that one), no article from Minimbah this month as they have had, apparently, a quiet April and therefore nothing to report. Great news for them, gives them time to check their station and be ready for the coming months when 'accidental' land burn offs and pile burns get out of hand. What would we do without these selfless volunteers??

New article from a local horse riding group who are trying to keep their kids involved with horse events and also to encourage new people to join. They do Barrel riding competitions and if you are interested phone Leigh. Her number is on page 22.

Krambach Hall's Country Music concert is on again. Details page 6, for those of you who enjoy good Sunday entertainment which also helps keep the local hall afloat.

Wallambah Show may be over BUT, now starts the business of preparing for 2024's show. Don't think many people realise just how much work goes into getting the "day" up and running for everyone to enjoy. They are after volunteers to help with early preparations and new members, so, roll up to their next AGM and join up and help out. Membership saves you money on entry fees!!!!

Lastly that day is fast approaching on which you get to show your mum just how much she means to you. Whether it be your mum, someone you have always looked on as another 'mum' (nearly put 'mom' in and a couple of years ago when I did use mom, I got a bit of an earful from someone asking why I used the American vernacular instead of good old Aussie wording) or just someone you have always felt was like a mum to you. Treat her with special love and TELL her how you feel about her.

To all the mums in our district, a very Happy Mothers Day. Sit back, relax and enjoy being spoilt.

Keep well and safe 'til next month

Lyn, & Timidthy (Tilley Cat in spirit)



WHAT'S HAPPENING IN MAY 2023

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	6 th	8am to 12 noon
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krambach	(3rd Sun)	21st	8am to 12 noon
• NABIAC	(Last Sat)	27th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	19 th	???
• Wingham Markets	—showgrounds	th	

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

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

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, NABIAC, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**

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

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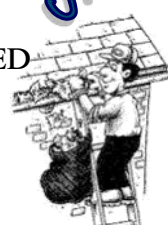
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Nabiac Landcare

I've added another colour to the weed watch list, **PINK!**



I'm sure I mentioned the Golden Raintree/ Chinese Raintree (*Koelreutia elegans subsp formosana*) before when we were having a blitz on rouge seedlings. As in keeping with our great season for weed growth, *Koelreutia* is absolutely beautiful this autumn. It's pink/rose papery seed capsules are maturing at the moment, highlighting the number of these trees in our local area. At the moment we are only finding small to medium sized seedling in the bush, particularly at Bullock Wharf but the fast-maturing *koelreutia* has the potential to seriously invade the local bushland within ten years if control measures aren't taken.



See [NSW WeedWise](#) or contact your local weeds officers for control information if plants are large. Unfortunately, because the seed capsules are one of the 'pretty' stages of this plant, most gardeners are reluctant to prune and remove seeds.



Oh, don't forget about **YELLOW!** Please get out there and remove or at least prune any *cassia/senna* in your patch to prevent them from setting seeds.

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

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

Liz Rees

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Nabiac Village Futures Group News



Unfortunately not a lot happening at the moment for the Villages Futures Group (VFG).

Our aim for many years has been to promote the village, and liaise with outside authorities on projects dear to the community. We, and the Neighbourhood Centre, have a very good relationship with Council and the rehabilitation of the creek, removing the playground equipment in the memorial park and the installation of new equipment at the area of the tennis courts did not happen by accident. Op shop funds are returned to the village for these projects.

Some projects however, are outside our control. The proposal to limit the exit speed from the highway at the southern entry to the village and selected areas within the village was approved some time ago but no action yet. "Hope springs eternal"

Likewise the long ago (6years?) proposed footpath from the tennis courts around the park to the school is probably in the field of dreams with the change of the State Government. Perhaps safe State seats such as ours will be less likely to receive funding.

Council will again be holding a series of Community Conversations in 15 communities during May and June. These give residents the opportunity to learn what Council has planned for their financial future and get updates on upcoming events. Nabiac will welcome this event on June 6th between 6 & 7.30pm.

And a fire ecology workshop will be held in May. *Olivia Elgin* from Eco Burn Education will cover several essential topics including fire behaviour, fire risk and fire ecology for those who want to polish their skills in fire management and those new to property ownership who want to know about the good and not so good in fire behaviour and property preparedness. Should be worthwhile particularly for those that may live on no through roads and timbered areas. No date as yet but will no doubt be advertised.

That's all folks.

On behalf of the VFG.

Bruce Henry.

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Between the Pages

Nabiac Library News



Hello there to all our friends and members of Nabiac Library. Another month has sneaked on in and we find ourselves wondering; is it still summer? Or has Autumn or Winter arrived? The weather has been so changeable it is hard to work out what to plant, what to wear and what can we do to work our way through these changes.

It is a great time to get out into the garden (in between the showers of rain of course) and Nabiac Library has some great magazines to guide you on the best ways to care for your garden at this time of the year. Pop in and have a look at the following options. It costs nothing to borrow them.

- * Gardening Australia
- * Better Homes and Gardens
- * Pip Australia... an awesome sustainability and Permaculture magazine

We also have a wide range of books about gardening, including the following:

- * Successful Organic Gardening by David Murray
- * Thrifty Gardening: Money saving tips and know-how for a flourishing garden collected from CWA Victoria
- * Your Well Being Garden: How to make your garden good for you
- * Lunar and Biodynamic Gardening by Matt Jackson

We would love to see you come in and share your gardening experiences and then research further options. Nabiac has so many opportunities for our community to share produce and create a sustainable environment for us all to enjoy. It is indeed a vibrant rural community.

School Holiday Activity.

By the time you read this article the Easter school holidays and Anzac Day will be over and the children will be back at school. Nabiac Library hosted a very successful school holiday art activity on Tuesday 18th April; with a fully booked class designed by our talented Coordinator *Yasmine*. The children thoroughly enjoyed creating their amazing art works and it was interesting to observe the variety of approaches and techniques the young artists used to create their final results. Some children had left before our final photo grabs but most are proudly presented here! Congratulations to all involved!

Author Feature for this month: Kayte Nunn

Kayte Nunn was born in Singapore and grew up in England and USA

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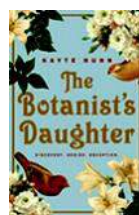


before moving to Australia where she has lived for over 25 years. She initially worked as a book, magazine and web editor and writer with more than two decades of publishing experience and was the former editor of *Gourmet Traveller WINE* magazine.

Kayte Nunn writes historical fiction and her books take you on intriguing paths of mystery, crime and history. They are very popular with our members. We have three of her books in Nabiac Library and they are listed below.



If you would like to explore more of Kayte Nunn's books we can reserve copies from our 11 other libraries for you. You won't be disappointed if you like historical fiction with a twist.



And to finish our book recommendations for this month; another great Australian fictional novel that features a not so well-known fact! Did you know that NSW has the 2nd largest canyon in the world? It is even bigger than the Grand Canyon in the USA! Where is it? The Capertee

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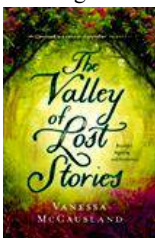
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Valley is north-west of Lithgow and bordered by the Wollemi National Park. It is an amazing canyon visible from the air as you fly west from Sydney! It has the historical town of Glen Davis, once a thriving shale mining town during WW2 with the historic Glen Davis hotel and accommodation being the focus of this story. The book is well worth a read; if not for it's strange twists and turns, at least for its delving into history of this fascinating area.



You won't be disappointed! This is a fascinating read! It combines some really modern issues with Australian history and a visit to an amazing piece of Australia's natural wonders.

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Nabiac Pharmacy News



As time progresses societal, medical and ethical standards change and evolve.

I would now say that this is the time at which medicinal cannabis is now rapidly becoming part of regular medical treatment.

Cannabis is not yet recognised in Australia as a registered medical treatment, which is because there has not been conclusive, proven and safe studies to show its purported benefits.

Cannabis is NOT what we call a "first line treatment" which are medications that are proven to be both safe and effective and are trialled before other medicines (ie paracetamol for osteoarthritis).

Under the current Australian system cannabis can be prescribed for any chronic condition that;

- * has lasted for three months or longer
- * has not responded to conventional treatment (ie paracetamol for osteoarthritis not working for pain)

To gain access to a treating cannabis doctor, a referral is required from your GP. This is an important step, to make sure that a cannabis doctor has the full picture about a patient and can make informed and safe decisions.

Cannabis products are not subsidised by the government. This means that medication needs to be fully paid for by the patient. It is hard to put a figure on how much this costs as there are dozens of specific treatments and doses vary a lot. It would be safe to say that it would be at least \$60 monthly.

I would encourage you to come in and speak to myself if you think that this may be an option for you. I would like to help you with some screening questions before then referring you to your GP, as this will save yourself and the GP time.

The important thing to know is that the medications that you have used already, are MORE proven than cannabis, and that it MAY NOT work for you.

I hope this helps.

Tim

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HEART TO HEART

Have you ever wondered "what is horse therapy"?

How can this make an impact upon you and your life?
After all, horses are just animals that people ride and compete with, aren't they?

How can these beings actually change lives?

Very simply, it comes down to the factor that horses are highly sentient and aware creatures that possess an extremely strong heart rhythm or heart energy field that can easily and positively affect those around them. Their sentient and instinctive nature has been paramount to their long survival and development over the millions of years that they have been around, and their heart rhythm has long been documented in the establishment of deep healing for those who interact with them.

Perhaps this is why it feels so good just being with them.

This healing phenomenon occurs when a horse's heart rhythm emanates a strong enough pulse that can influence, like a magnet, the human's heart rhythm; therefore assisting in the regulation and calming of the neurochemistry within the brain. In essence, their heart can calm our hearts, thereby lowering apprehensions that may have been formulating prior to the connection.

Horse 'therapy' has long been researched and documented in the success of working with trauma and emotional concerns that hinder the positives of life.

It is a fact that life experiences hold the capability of being a complicated and many faceted jigsaw puzzle that takes much concentration to work out where the pieces are meant to go and what the end 'picture' will look like. We can, in fact, get so caught up with the shoulds, coulds, and what ifs, resulting in stress, anxiety and ultimately despondency.

What is needed at these times is neither judgement nor biased opinion, and it is a relevant factor that horses do neither. They do not judge how you look, what clothes you wear or where you live. Instead, what they do notice and read is your inner state, that is, your emotional state. We can deny that we are upset, angry or distressed to ourselves or to others, however, it is impossible to hide how you are feeling from a horse, or any animal for that matter.


Horses do not judge you for having your emotions. What they will do is simply respond to those feelings in an honest way. Perhaps they



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will not want to stand near a person who is angry or highly emotional and will just walk away. Or they may respond to someone who is feeling extremely sad or unsure by coming up close and holding space.

Either way, such genuine and compassionate connections with a horse may be the catalyst required for entering a very personal healing journey. We will often show our true 'insides' to an animal rather than to another human being, and consistently repeating our distressful story is usually more debilitating than just BEING with a creature who does not judge, no matter what.

It is here where the true healing adventure begins!

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NEWS FROM NABIAC PUBLIC SCHOOL



Nabiac Public School leaders did such a great job running the dawn service on ANZAC day. We are all so proud of them. Thank you to Mr Stuart Weller for his address. We always enjoy learning about service people who come from our district.

pictured left

L-R:- Heath Murray (Captain), Hayden Scott (Prefect), Eligh Witt (Vice Captain), Stuart Weller, Allira DeSousa (Vice Captain), Madison Yarnold (Prefect)

Front:- Ava Thompson (Captain)

The daytime service was very well attended by students. Thank you to everyone who came to pay their respects. Thank you to Nabiac RSL Sub Branch who make a big effort involving our leaders and students.

Term 2 is shaping up to be another busy term. We start the term off with our Mother's Day assembly and stalls and quite a few PSSA sporting events. Also coming up is our Stage 2 (Yrs 5&6) camp to Great Aussie Bush Camp, a wonderful team building camp. Later in the term our Athletics Carnival will be held. Phew!

Leonie McKinnon

School Administrative Manager (Rel)
Nabiac Public School

NEWS FROM BUNYAH

We held our Anzac Day Service at our own Cenotaph which is always supported by local residents and this year, included two new residents from Firefly who joined us.

Dennis Simpson welcomed our guests with another personal Anzac story this year, about his Great Uncle *Edgar Ashton Payne*. Edgar, who was born in Dubbo, NSW, enlisted as a Private in the Infantry on 2nd August, 1915; he was married and was 32 years of age. He fought in France for over one year until on 20th July, 1916, he was killed in action with thousands of Australians at the Battle of Fromelles. He is buried in The War Cemetery at 525 Rue-Petillon Fleur, Bayeux, France.

It is wonderful how the French have ensured that the Cemetery is

maintained in magnificent condition; a Testimony of their gratitude and respect for those who gave their lives.

Our Service is always personal with Hymns, Wreath Laying, Poems read and Prayers for those still serving and also for the people of Ukraine.

Our War Memorial was Dedicated on 16th August, 2008 and registered with the War Memorial Register at the State Library of New South Wales, Macquarie Street, Sydney.

Following the Service a delightful Morning Tea was enjoyed together with much convivial conversation.

Neryl Simpson

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WALLAMBA CWA REPORT

It was great to be able to meet up again after we had to cancel our March meeting due to localized flooding which prevented some members getting out of their properties.

April's meeting was attended by 11 members and President *Margaret Weller* also received 4 apologies.

After the opening formalities, members paused to remember departed friends and family members and these included our late State Member for Myall Lakes, *Stephen Bromhead*.

The thought for this month was provided by member *Jean Price*, who unfortunately has not been enjoying good health for the past few months but is on the improve and members wish her a speedy return to our meetings in the next couple of months.

The thought was

You can't shut your eyes looking at "The Bright Side of Life".

Happy Birthday wishes were also extended to member *Jill Hammond* who celebrated her special day on Good Friday, 7th March.

There were a number of reports presented and these included those from the Group Council Meeting and Handicraft Day which was hosted by neighbouring Bulahdelah Branch at the end of February and the branch took out a few places with their handicraft entries.

Unfortunately the Branch wasn't able to conduct the yearly World Day of Prayer Service, which takes place on the 1st Friday in March and was to have been held at the Uniting Church, due to several members being absent and also the weather conditions. We hope to hold it again next year.

Treasurer *Jenny* presented the Financial report and this showed a healthy balance.

Penny presented her International Report and spoke about Famous Latvian Women and told us that Latvia has more women in leading positions than any other European country which is very impressive.

During our Handicraft Report we learnt that our talented craft member *Coral Gabriel* had taken out 1st place in Mid North Coast Group with her dressed International Doll in Latvian costume - the

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doll will now go onto State Level and will be judged at State Conference being held at Bathurst during early May – we wish her all the best as Coral had done a wonderful job with the costume.

Coral also did well with a felting picture and member *Fay Anderson* gained a 1st for her quilt and it also is off to State Conference for judging. Coral also won Championship Ribbon at Wallamba Show and *Merle* gained a 2nd placing - we certainly have some very talented needleworkers in our branch.

Coral, our Ag & Environment officer, spoke about Native Bees which are our study this year and she read an interesting article from our “Countrywoman” journal and told us that they play a vital part in our eco system and a must have.

Congratulations go to member *Moya* who gained a 1st with Boiled Fruit Pudding at the show.

In our Cultural segment Penny spoke about some of the Easter Traditions of Latvia.

Margaret and Jill both spoke about their visits over time to Glen Davis where there was a Shale Oil Mining operation and is said to have the 2nd largest canyon in the world.

Jill also told us an about article in the Sunday Telegraph which mentioned the CWA Tea Rooms at Sydney Royal Easter Show where over the years many thousands of scones have been made to feed the customers.

The branch is hoping to invite their new mentor, CWA Group V.P. *Vivienne Beaumont*, to one of our meetings soon – Vivienne is currently a member of Wingham CWA Branch.

Members *Jenny Ang* and *Merle Barber* will represent the Wallamba CWA Branch at the State Conference this year being held in Bathurst during the early part of May.

The ladies won't be at our May meeting set down for 9th May at the usual venue, Nabiac Community Village Church opposite the Show-ground, but we will have a full report at the June meeting.

Pam Muxlow

Publicity Officer – Wallamba CWA Branch



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News from Nabiac Second Chance Op Shop

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

Hello to ALL,

Wishing all the Mothers a Happy Mothers Day. Hope you all have a wonderful day with your families.

We have some lovely gifts for Mothers Day starting from \$1.00.

Donations:

Thank you all for the donations that have been received. Without your donations we wouldn't 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.

Please only send clean clothing. We have been getting a lot of dirty and unusable clothing that has to be thrown out due the bad conditions of the clothing. This in turn costs the Op Shop to dispose of it, taking funds that can be used towards projects for our community.

A reminder we are unable to accept and sell toys, bikes or helmets, no baby furniture and all electrical or mechanical.

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

Please do not leave donations at the front door. It really is a hazard when opening in the morning and putting the volunteers at risk of tripping while trying to open up. This is an ongoing concern.

We are in need of clean towels, sheets and blankets. All of these items would be received with great appreciation.

Thankyou in advance for your co-operation and understanding.

Shop:

Winter jackets will be put out on a rack as of May.

Prices for Winter Jackets with or without sleeves are;- Babies \$3.00, Kids \$4.00, Adults \$6.00 unless priced.

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

\$10.00 bag of clothing will consist of 10 items for Adults and kids. 15 items for babies.

Priced clothing not included in bag. Nor jeans and jackets. Large wool items will be charged \$2.00 as these will fill the bag and you are better off paying \$2.00 than \$10.00.

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

Workshop and Gallery open every Saturday from
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There is no other Op Shop in our area that you can pay \$1.00 for an item so its still a very good deal.

Please remember to bring your bag so your items can be placed in them.

Shed:

There is a large variety of CD's, DVD's and books galore. The sale is still available on CD's DVD's - 15 for \$5.00.

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

We have a variety of furniture, dinner sets, cups and glasses.

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

VOLUNTEERS NEEDED FOR THE SHED.

If you have a spare few hours during the week from 9.00am to 12.00 on either a 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 Wednesday and ask for Kathryn.

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

Kathryn and all the amazing volunteers from
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**Mini Muse Private Gallery At
Muse Art & Crafts**

April was a busy month for Muse with the inaugural exhibition at
'Mini Muse' our in-house gallery.

Ariane Bells' exhibition 'Recollections' was well received and very
successful for her.

Gemma Stylzs' 'Lucid' exhibition opened on April 25th and has caused
quite a stir.

The exhibition is a collection of paintings designed to uplift and
inspire using imagery that conveys dreams and symbolism.

Over the past 20 years Gemma has been working internationally as a
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In this latest body of work, a work in progress that has been
actualizing for a few years so far, 'LUCID' channels imagery that has a
positive effect on the viewer and opens up the possibility for
influencing the subconscious on a deliberate level.

The exhibition runs through until May 16th and if Arianne's exhibition
is anything to go by, will sell well, so don't leave it too long to drop
into Muse to check it out.

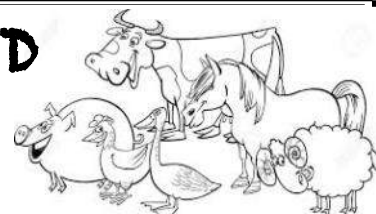
As well as the exhibitions we also have a wonderful array of beautiful
artwork by local artists, including gifts, jewellery, cards and
sculptures, so don't forget to drop in and find a locally made, original
gift for Mother's Day on May 14th.

Thank you for supporting Muse and our local artists

Ciao

Janice Vance

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Show News

The Perpetual trophies from the 2023 NABIAC show have been returned to where they are on display during the year. The Photography shield was donated by the NABIAC Pharmacy and hangs on their wall. Pictured left is *Tim* (who is the owner of the pharmacy) holding the shield. Also on the right is Renee standing next to the two Poultry shields. The two shields are hung and on display at the Farm & Home in NABIAC.



There is already a lot of discussion taking place on next year's show and how it will look. Please let us know if you have heard of entertainers who might be suitable and, if possible, local. It is always good to have a variety of things to see and do, something for everyone, if possible.

Our Annual General Meeting is coming up on the **8th August**. Memberships subs. will be due on the 1st July for the 2023-2024 year. If you are planning on joining the Association, please email me for a membership application form. The fees are \$10.00 for the new financial year. I will put the bank account details out with next month's meeting minutes. Please do not hesitate to email if you have a question or a query.

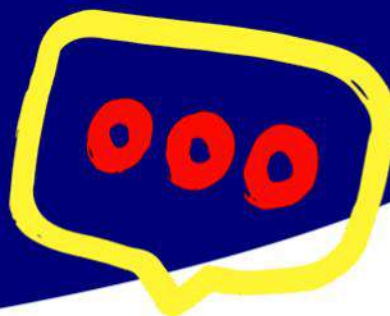
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COMING SOON TO WOOTTON AND NABIAC

Right now we're heading back out to 15 different local communities across the MidCoast to provide you with an overview of what's being planned for the year ahead.

We look forward to sharing this update with you, and answering your questions on what we're aiming to deliver, and how we'll go about it.



JOIN THE CONVERSATION

Wootton Community Centre
6 - 7.30pm Thursday 25 May

NABIAC Showground Hall
6 - 7.30pm Tuesday 6 June



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Stallholder Feature

We all love a local story and **Doraville Farm** is the backdrop of a good one!

Meet this month's feature stallholders: *Paul and Wayne Lambert* from Doraville organics.
 Growing food definitely runs in their veins



Doraville Farm was established in 1887, by *George and Evelyn Lambert*. The homestead has local history imbued into its walls. The farm has played host to a wide range of happenings which have shaped the current success of Wayne and Paul's business.

Evelyn and George created a legacy of hard work, passed down through the generations. At every turn, they adapted to the times. Running a boarding house provided lodgings for various characters, including tinkers, a dentist, swaggies and timber workers. Evelyn was also a local midwife.

The Lambert family have had their share of challenges, from droughts, fires, and a pandemic, to a highway going through the middle of the farmland. A bridge called "Lambert's Crossing" joins the property's two halves, which is actually an underpass.



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George started growing and selling vegetables to feed railway workers. In 1911, a government representative approached the Lamberts about supplying food to the workers, who were not eating properly.

Evelyn and her daughters started their days at 3am, baking bread three times a week and making sandwiches every day. Each week, three bullocks, two pigs and poultry were slaughtered to feed the railway workers and timber cutters, who slept in tents on the property.



In 1922-23, Paul and Wayne's grandfather, *Cecil* cleared some of the land for citrus orchards. In Wayne's words, "We are still growing citrus trees and oranges in the same area. The farm is now a certified organic farm. The citrus grown includes, Tahitian limes, Washington Navels, Valencia's, mandarins, Carra Carra, Blood Oranges, Myer and Eureka lemons.

One of the varieties of lemons was propagated on the farm, by a relation, *Horris Lambert*. We also grow seasonal crops, like dry and Kent pumpkins, Grammas, cucumbers, squash and zucchinis".



"Beef is still produced here, as days of past organically. Prior to producing beef, my father established a dairy here. This was a successful operation


until the milk quota deregulation took place in NSW. The price of milk became as low as 28 cents a litre. As a result, many family dairy farms closed down in this area and others. This is one of the reasons my Father and brother changed to beef", said Wayne.

Their Father, *Norman*, who is 89, is known not just as a farmer, but a violin player in a group "The Possum Scratchers", and the violin doctor, as he restores stringed instruments.



Last year, true to the legacy of being able to adapt, Doraville Farm morphed into another new business venture, hosting campervans. They can be found on Wikicamps. They also produce honey!

Wayne and Paul's passion for quality produce is plain to see. Be sure to visit their stall at our market, buy plenty of oranges to boost your immune and try their freshly squeezed juice. The commercial juicing machine is funnily enough, made in Valencia!



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It is a privilege to live in a thriving country town and be able to source local produce, from small producers in the food bowl of the Barrington region. Come along to the next market, have fun, chat with the growers, and shop local.

Market News:

- * We welcome several new stallholders, including fresh produce stalls.
- * The committee continues working toward the goal of less plastic and our coordinator, **Annette** has sourced some eco-friendly paper bags.
- * We are excited about plans for the big anniversary market in October.
- * We have had to redraw the layout for the market as council guidelines are updated.
- * The committee are in the process of procuring a memorial bench in memory of **Helen Smith**. She was the inspiring founder of Nabiac Farmers' Market.
- * Nabiac Farmers' Market is donating a defibrillator to the village of Nabiac and are in discussions with council about the installation.

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*coffee *plants *crafts *textiles *baby clothes
*garden art *pooch care *beer *jewellery
*sourdough bread *market BBQ *fab food *tiny house show home
*Live music

We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media posts! Thank you to everyone in our community for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all.

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See you at the April market.

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



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One of our programs which is having some great success is our faecal microbiome program, which is run out of WA. Faecal microbiome is a biological product made from donated stools. The goal of FMT is to transfer good, healthy gut microbiota from a donor into someone whose current gut microbiota may be making them sick. It could be used to help someone suffering from Chron's disease or ulcerative colitis



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REAL KULTCHA

I know it's not a reference to sport *per se*, but I have to refer to my last rant in relation to the weather and the fact I said weather forecasting was an *inexact science*. In amongst all the verbiage being sprayed about just recently, was the gem that *el nino* (or *el whatever*) had finished and now we'd get some fine weather. Then the rain started again and it hasn't stopped! I'm of the opinion the term *inexact science* no longer cuts it, we need something - a new term - to more correctly describe the woefully inaccurate weather forecasting. How does *suspiciously inept* sound? I'll keep thinking on it.

The big news in the cricket world at the moment is the IPL (the *Indian Premier League*) or to be more accurate, what the IPL is doing to cricket. As you'd be aware the IPL involves the very rich and lucrative Twenty20 competition in India and for reasons I don't understand, they've got money to burn! And what are they doing with it? They're setting up Twenty20 competitions in a string of other countries and that has the potential to be as big a shake-up of cricket as was Kerry Packer's World Series in the late 1970s. There's a lot of talk going around at the moment and I'll try to bring you up to speed as quickly as possible as to how the IPL has opened up the world to cricket:

- when the IPL began in 2008 there wasn't exactly a scramble for the various franchises as each cost around \$US67 million;
- but the BCCI (*Board of Control of Cricket in India*) kept at it and today each franchise is worth around a \$US1 billion;
- of course each franchise (or club) needs players of the highest order so each has been hoovering up players from around the world and the size of the contracts are staggering;
- the next move is to form Major League Cricket in the Hew Hess of Hay later this year;
- not quite over the horizon is the development of several other Twenty20 Leagues in South Africa, the UAE and the Caribbean;
- franchises in the new Leagues are being snapped up by many of the early investors so players contracted to a club in the IPL will also play for certain teams in each of the other Leagues; so
- it is possible down the track, that players will need to seek release from his club so he can play for their country; and
- the writing seems to be on the wall for the longer versions of the game, such as Test matches. The squeeze is on as they don't pay their way any longer. The trend seems to be that only Australia, England, India, South Africa and New Zealand will end up playing Test matches and the only other form will be Twenty20 Leagues!

How about *presumptive hunches*?



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The new regulations surrounding players in the NRL, who have suffered a concussion are starting to bite with (as I write this on 22 April) at least 16 players sitting on the sidelines for the 11 days stand down period. Told you this would happen and there are a lot of folk not happy. Now we'll get to see how coaches and the boardrooms react. Will they side with their player's welfare, cop the 11 day stand down and move forward or will they kick the traces and try to get around the 11 days somehow by trying to get it reduced or even throw the whole idea of a stand down out? Stranger things have happened. I'll keep an eye on it.

OK, what about they provide *imaginative shots in the dark*?

Does the name Tony Gustavsson mean anything to you? No? Well, he's *The Matildas* coach and they're our women's soccer team. On top of that just a couple of weeks ago they beat the England *Lionesses* who, at the start of the game on a rainy Brentford field, had an unbeaten 30 match run going. They are also the reigning European champions but that all came to a shuddering halt with a 2-0 loss to *The Matildas*. Suddenly *The Matildas* are looking pretty good because in just under 90 days they meet Ireland in their Group B opening match of the World Cup here in Oz. I won't be betting against them!

I got it, they provide us with *academic postulations*.

Was at a bit of a loss yesterday arvo for something to do and as I wandered into the TV room I noticed *The Child Bride* was watching the LIV golf out of Adelaide. Having missed golf at Bulahdelah this week I sat and watched. It wasn't bad as the players played some good shots and, to my delight, some shots that were about my standard. The big surprise was the huge number of people lining the fairways and around the greens! Still, it is Adelaide and nothing happens there - they'll go ga-ga over a couple of flies on a wall! Yes, they had the *Gather Round* but for something exciting before that you've got to go back to Don Dunston wearing shorts into their parliament and that was almost cons ago! Yep, I'll be watching again later today.

Nah, I think we'll stick with *inexact science* and as I say that, it's raining outside again!

Talk at you again next month,

The Hillside Critic



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The fangs of the Australasian Funnel-web spider are so sharp that they have been known to penetrate fingernails and soft shoes. ...Scary, no more slippers in the garden!

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Do you love or loathe the change of season?

Hello everyone!

The change of season can leave us feeling invigorated or depleted! Some of us love the cooler weather, with soups, slippers, fires and rugging up for fresh walks outside.

For some, Autumn is not the favourite! Especially if you feel the cold or live in a place which is difficult to heat.

Here's some tips for embracing Autumn and Winter, plus an easy recipe to boost energy and mood.

Here's 5 Autumnal tips

1. Wear layers – there's no shame in thermals!
2. Scarves and beanies make a huge difference. Head to Nabiac Market for these!
3. Move. Movement keeps us warm and boosts blood flow. Run, dance, vacuum, wriggle your toes under the desk.
4. Nurture your immune with whole, real foods. Especially fruits and veggies and chicken bone broth.
5. Practise mindfulness and gratitude.

Writing down three good things about your day will help to boost mood and re-wire positive thinking. Write down 3 good things about Autumn! We can't change it. So, if migrating to Queensland isn't an option for winter, find ways to embrace it.

Being mindful helps us stay in the moment. Find time to walk outside, without the phone. Focussing on the leaves, flowers or whatever is around you, will calm the nervous system. Keep the self-talk positive. Leaves turning brown and falling to the ground symbolise the new life cycle.

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Children—Too Precious to Profit

keeps you going for hours! They are a great brain boost too, perfect for the 3pm slump.

Here's the recipe! (Scroll down for nutrient info)

- 
- 1 cup oats (preferably sprouted)
 - 20 dates
 - 3/4 cup almond meal
 - 1/4 cup flax meal
 - 1 heaped desert spoonful of cocoa or cacao
 - 2 tsp honey *I used runny honey and poured it straight in
 - a pinch or 2 of salt
 - 1 tsp nutmeg and or cinnamon (optional)
 - 1/4 cup water (or less)
 - 2 squares dark chocolate (ethical) (finely chopped or grated
 - choice of seeds and extra cocoa to coat.



What to do:

1. Place all ingredients into the food processor.
2. Sprinkle the flax meal, almond meal, salt, and any spices through, to ensure they will mix well.
3. Pulse and puree to the desired consistency.
4. Place bowls with your choice of coatings, such as hemp seeds, pumpkins seeds, sesame seeds, coconut, and cocoa.
5. Shape spoonfuls of the mixture into balls, then roll them in the coatings.
6. Place in a container. Keep a couple out and freeze the rest.

Recipe nutrition notes:

- **Oats** are an excellent source of energy and fibre. They are also a rich protein source. They provide food for the good gut bacteria, carbs for brain fuel, protein for building muscle and fibre to cleanse the bowel.
 - **Dark chocolate** contains minerals, such as magnesium and iron plus beneficial antioxidants.
 - **Dates** possess antioxidants, fibre, a natural delicious, sweet flavour, a range of minerals, including potassium, iron, magnesium, copper and phosphorus
 - **Spices** also contain protective antioxidants
 - **Almond Meal** is an excellent source of healthy fats, fibre, and protein, plus minerals
 - **Flax** also contains useful fats, protein, and fibre.
 - **Raw honey** is highly beneficial, with digestive enzymes and antioxidants to protect cells from free radicals.
- Choose organic/non-GMO foods where possible.** Especially for nuts and seeds.

For some warming soups, head to the website and type "soup" into blogs. All my recipe- blogs are gluten free and include nutrition information about the ingredients.

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

Message me on FB or Instagram, or via the website with questions or to arrange a consultation.

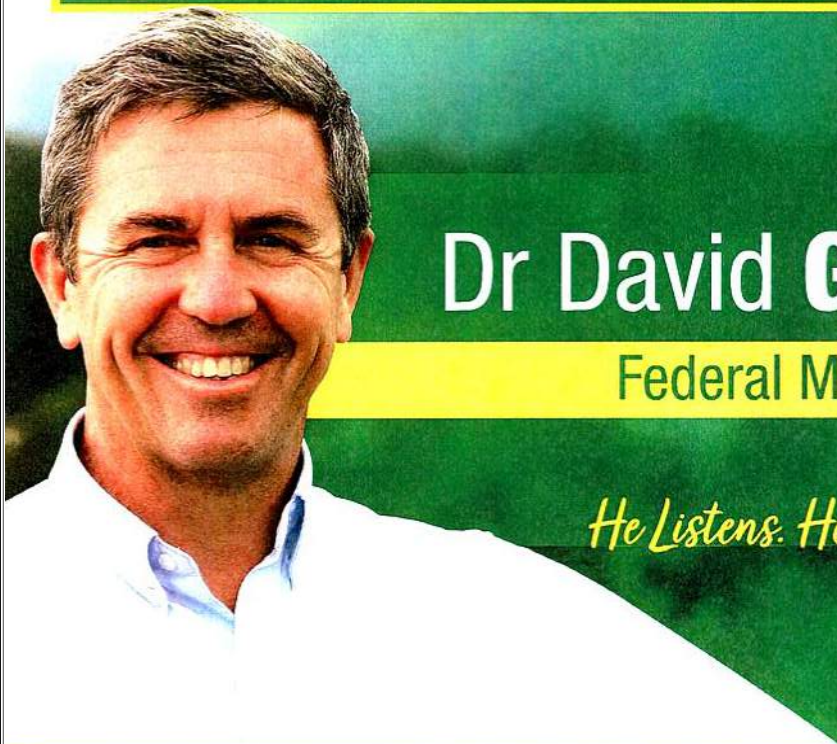
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Laura.



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Welcome to Deb's Gardening,



I have been told that I can be an emu and bury my head in the sand, and not deal with issues. I feel that is not true, I just have a way of facing and dealing with things my own way - but on this occasion, I wish I was an emu as I could bury my head in the sand so it could go away and didn't exist. But, the reality is something important is here that I have to face and deal with. And it scares me to death.

It has been bought to our attention that our property is in the 10k radius to an infestation of the Varroa mite. Our land has been identified an optimal location to deploy a wild European honey bee feeder station as part of the National Varroa Mite response. This means that the feeding station is to attract the European Honey bees (that are in my garden pollinating my plants and doing their thing) to produce more bees, which are then euthanized. It is so drastic....

I have learnt that the Varroa mites can spread through drifting drones and worker bees as well as through swarms and absconding colonies. Euthanising uninfected hives means they are removing any chance of the Varroa mite surviving and spreading undetected through potential, future hosts, where incubation of the parasite may be happening. Once the bees have been eradicated I should see the bees return from outside the radius. Apparently the program over the last 12 months has been successful in the Grafton area.

I guess the fact that the breeding stations and the Varroa mite doesn't affect or attract our native bees, of which we have over 200 native bee species, is somewhat comforting. The feeding stations only attract the European honey bee. After a big discussion with DPI, we have allowed the feeder station on to the property to assist in the eradication of this pest. This leaves me wandering around my garden, looking at the bees, knowing they will be going soon. If only there were other ways! There will still be the hoverfly, native bees and other pollinating insect around my garden that will pollinate plants. This will be interesting to see the results because the European honey bee is so noticeable.

This is where the garden helps me to find peace in what has been done, because the notification and decision making has affected my health, mentally and physically. I have been strolling around the garden noticing the bulbs are starting to emerge, and the deciduous trees starting to change colour. The grevilleas are starting to put on a lovely show all showing the sign of the season changing. Life goes on and I should trust my gut feeling and know that this is the right decision to make and hope that the DPI have put in a lot of ground work and the outcome will be a success. Digging out the weeds, mulching, digging, planting annuals, sowing veggie seedlings and pruning, the garden is such a good stress relief. Even writing this article seems to help relieve the stress of the dreaded Varroa mite! If there is one thing I can take from this catastrophe is one must find a way to relive the stress through what gives one pleasure. Because stress really does affect the mind and body! I have found mine in my garden.

On a lighter note, the vegetable garden is still producing produce, with the new season's crop growing nicely. I stripped the finished corn crop and left the stalks in the ground and now the climbing peas have emerged and making their way up the corn stalks. I have set up my mini green house around the tomato plant and have been hand pollinating by vibrating the flowers, as there is no wind to do the job as the tomato plant is in its protected environment.

Garlic, onions, cabbage, broccoli, cauliflowers, Brussel sprouts, cabbage, broad beans, carrots, beetroot, potatoes, lettuce, spinach, peas and more peas (I love my peas of all variety), endive and herbs of course are in, and the winter annuals are in.

My next course of action is to start attacking the bindii which I noticed emerging in a few spots, sleeve netting my guavas before the bats strip them clean - plenty to keep me busy.

Until next time- I hope you concern yourself with not what is right and what is wrong, but with what is important.

Until next time

Deb

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We are a local Community Club, not for profit Club, run out of NABIAC Showground and founded in 2017 by 3 likeminded local ladies. Our view was to bring a Family Fun Horse Sporting Days to our community which was affordable so locals could spend time with their horses in a safe environment. = Held by monthly - Second week-end of every even Month. \

Please check out our Mid North Coast Barrel Racing and Horse Sports FB page. [Log in to Facebook.](#)

We pride ourselves in the community spirit with an ongoing future view of improving the grounds with the Show Committee so we can bring back our ABHA National Barrel Racing Event for our more competitive locals to represent our community over at ALEC at Tamworth in the yearly National Barrel Racing Championships.

Our Dates for the Sporting Day Events at NABIAC Showground are:

Sunday 18th June 2023 - Early Bird Competition
Sunday 13th August 2023 - Early Bird Competition
Saturday 14th August 2023 - Twilight Competition
16th & 17th Christmas Party, AGM and Annual Presentation of Champion and Reserve Champion

\$25 yearly membership, Competition Fees (Can win back entry fee), Horse Levy Applies.

Annual Point Scoring is taken each time you enter Fast and Slow Sporting events - Winners win great prizes at our Family Christmas Party, AGM in December.

Our Dates for the ABHA Barrel Racing Events at Wingham Showground are: (Entries via ABHA Australia Event Website)

Saturday 6th May 2023
Saturday 1st July 2023
Saturday 29th July 2023
Saturday 5th August 2023

See Entry fees on ABHA Website. \$30 for optional 2 runs, Ground Levy and \$5 Exhibitions. ABHA takes yearly memberships \$77 WIN cash pool per ABHA rules.

We are hoping to have a Team Qualify to Represent our Club and Region in Sept 2023 at the Australian Championships of Barrel Racing.

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WINNERS for APRIL - Sporting Club held NABIAC Showground

Opens - *Taliha S*
Golden Oldies - *Jenny K*
Novice Adult - *Paige B*
U17s - *Bianna B*
U 13 - *Hayley G*
U9 - *Grace H*

ABHA WINNERS for APRIL

Division 1 OPENS - *Suzie T*
Division 2 OPENS - *Linda D*
Division 1 JUNIORS - *Clancy-Jade T*
Division 3 JUNIORS - *Hayley G*

My Contact number is Leigh Howson 0428 872 457 if you have any questions.

Kind Regards,

Leigh Howson (President - Mid North Coast Barrel Racing & Horse Sports Assoc. Inc.



Bianna Brace
April Winner, U17's

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Our Grey Ghosts continuing the trip

Following on where we left last month describing the massive → wooden water delivery pipes / tubes at Wayatinah power station.

Trouble when we had a van battery failure and a long wait for a replacement. By chance, *Garry*, our fellow traveller struck up a conversation with a stranger who provided help in obtaining a couple of SH batteries. Great people and very unexpected.

Onto the world class, 'The Wall', a large building dedicated to *Greg Duncan's* 100m of Huon Pine, larger than life, size carvings. A definite "must see". A carved wooden full sized Drizza Bone raincoat at the entry with exquisite detail is just the beginning of a great visit. An internet visit will give an idea but not as good as the real thing.

Been raining a bit for the last few days but hasn't dampened our enthusiasm for coffee shops and egg and bacon rolls for my mate.

Hobart Showground, with perhaps 50 others travellers, as a wooden boat manufacturing area at Huonville. Another surprise as to the quality of construction of these craft with exquisite detail and also used as a training facility.

A visit to the famed Tasmanian Transport Museum for the blokes was very worthwhile. A great selection of well restored trucks and cars here and certainly worth the entry fee.

Off to Port Arthur, the well known convict facility, which surprisingly was only in operation as a convict settlement for less than 40 years from 1830. Well designed entry and informative building with many hands on displays.

Massive amounts of cash spent here since our last visit 20 years ago on restoring several stone buildings of importance with information plaques all over. The grounds are well kept as are some of the massive pine trees that appear to have been there forever.

The complex was sold off in the late 1800s but as it fell into disrepair was bought back over time. Easy to spend a day here.

Had managed to dodge covid? Nup, Saturday morning test says yep. Great shout of thanks to both *Nael* and *Younes* at *Nabiac Medical* who organised prescriptions to our phone so by lunchtime we had medications. How good was that?

So a couple of days before we felt well enough to move on. More coffee places and to Beauty Point to look at probably one of two sea-horse farms in the world. Fascinating, hundreds are raised here.



Adults can grow to 100mm and the girls managed to hold a pregnant male. Exported all over the world. Only days left so Cataract George,

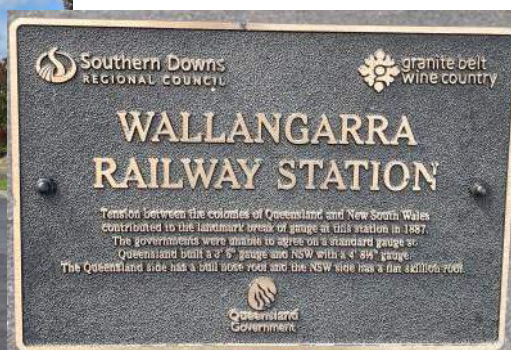
Lillydale, Lavender farm (been harvested) Westbury and Deloraine where more coffee and lunch at the 50's diner. (On the net) Mole Creek for a few days. Small trout in the stream which share the water with a resident platypus. A must do visit to the nearby Marakoopa cave and glow worm system. Spectacular and similar to Jenolan, not as large but still worth the visit.

Back to Devonport as we leave tomorrow.

Review. Well worth the visit. History buffs will not be disappointed. Not a large place but enormous amounts to see. Less frantic lifestyle than the mainland, generous people and courteous drivers. Our third visit so sadly the last.

Not looking forward to the boring 13 hour boat trip. Home in three days. Whew!

BH



This reads, "Tension between the colonies of Queensland and New South Wales contributed to the landmark break of gauge at this station in 1887."

The Governments were unable to agree on a standard gauge so Queensland built a 3'6" gauge and NSW with a 4'8 1/2" gauge.

The Queensland side has a bull nose roof and the NSW side has a flat skillion roof"

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

Opening is limited to Tuesday & Friday mornings at the moment –
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**Now Covid regulations are over we need volunteers to open other
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Customers are welcome to bring their own laptop to use our WiFi or
use our desktop computers.

Alan, Terry and Sheila.

A man has six children and is very proud of his achievement.
He is so proud of himself, that he starts calling his wife, 'Mother of
Six' in spite of her objections.

One night, they go to a party. The man decides that it is time to go
home and wants to find out if his wife is ready to leave as well.. He
shouts at the top of his voice, 'Shall we go home Mother of Six?'

His wife, irritated by her husband's lack of discretion,
shouts right back, 'Any time you're ready, Father of Four.'



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At a girl's college hostel, dates were permitted only on Saturday
nights.

One your man showed up on a Tuesday evening, explaining to an
older woman in the lobby of the dorm that it was imperative he see a
certain young lady immediately.

"I want to surprise her. You see, I'm her brother."

"Oh, she'll be surprised all right," said the woman. "But think of how
surprised I am!. I'm her mother!"



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BEEF CASSEROLE, PERSIAN STYLE

INGREDIENTS

- 1 tbsp Vegetable or Olive Oil
- 500 g Boneless Stewing Beef, cut into 2 cm cubes
- ½ tsp Salt
- ¼ tsp Black Pepper - or a bit less if preferred
- 2¼ cups Beef Stock
- 1½ tsp Ground Cinnamon
- 350 g White Onions - SMALL, peeled & whole
- 250 g Butternut Pumpkin or Sweet Potatoes, peeled and cubed (1.5cm)
- 3 tbsp Balsamic or White Vinegar
- 1 tbsp Honey
- 1 cp Prunes, pitted
- 1 can Chickpeas, drained and rinsed (450g)
- ¼ cp Couscous or Brown Rice

METHOD

1. Heat oil in a medium sized saucepan over moderately high heat for 1 minute.. Sprinkle the beef with the salt & pepper, then cook in the oil, stirring frequently, until it is browned - 5 to 8 minutes
2. Add the stock and cinnamon. Bring to a boil, reduce the heat to low, cover and simmer for 1 hour
3. Stir in the onions, pumpkin, vinegar and honey and bring the mixture back to a boil. Lower the heat, cover and simmer for 30 minutes or until the meat and vegetables are tender.
4. Add the prunes and chickpeas, cover and heat just until the mixture returns to a boil, about 2 minutes.

Meanwhile, start cooking the couscous according to packet directions, or the rice.

Serve on a bed of couscous or rice

Hint: to peel small white onions, put them in a sieve and immerse it for 1 minute in a large pan of boiling water. Let the onions cool, then slip off the skins.

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Snippets.

Expect delays on The Lakes Way South Forster



Bitumen sealing at road works on The Lakes Way South Forster will start on Monday 1st May, weather permitting.

Work on the line marking, guardrails, footpaths, and signage will begin after the road is sealed.

The project is planned to be completed by the end of May if the weather does not cause any further delays.

Food Safety Seminar in May

Food business owners and hospitality workers are invited to attend a free food safety seminar on Thursday 18th May.

As a food business or food handler, it's important to stay up to date with public health legislation and keep well-informed about your obligations.

"There have been recent changes to allergen labelling requirements and the Food Safety Code. We will help you understand these changes and how they affect you.

The seminar will also increase your awareness of food hygiene practices and provide tips on how to improve.

The free seminar, which includes light refreshments, will take place on Thursday 18th May from 2pm to 5pm at Council's administration building Yalawanyi Ganya, 2 Biripi Way, Taree.

Bookings are essential as numbers are limited – register now <https://www.midcoast.nsw.gov.au/Get-involved/Events/Whats-on/Food-Safety-Seminar> or call Council on 7955 7220.



250 MILLION BOOST TO MOBILE RECEPTION IN THE BUSH

The NSW Nationals will invest \$250 million to boost mobile reception in the bush in small communities, tourism hotspots, and along key transport corridors.

"This announcement is all about ensuring the Myall Lakes has the same access to mobile coverage that our city cousins enjoy every day," Mrs Thompson said.

"As someone who often travels across regional NSW, I'm sick of the phone dropping out, so I know just how important this announcement is."

The new program will target three key areas:

- Small regional communities with little to no existing coverage.
- Key transport corridors, where a boost to coverage can help drive increased productivity and improved safety; and
- Visitor economies where major events draw large crowds.

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Good Medicine

Rest and Re-create

We hear a lot about exercise these days and its benefits for our bodies and minds ... walk ... jog ... join the gym. When John Williams sang about 'the old rocking chair' I always imagined myself, as a senior, sitting in a rocking chair knitting ... like the olden days ... but today's seniors are encouraged to go walking or to the gym.

Talking about exercise might make us think of rest. Many families lead hectic lives between working, parenting, sports, perhaps volunteering and other activities. Parents might have their children in child care because they're so busy. Of course being busy is also beneficial because it gives us something to do, but God didn't design us to be weighed down by worry or busyness ... sometimes we think we should meet everyone's needs. We don't have to be useful to feel worthy of God's love because that doesn't depend on anything **we** do, *John 3:16*.

Two of the 'Commandments for reducing stress' say 'thou shalt switch off and do nothing regularly' and 'thou shalt schedule time for thyself' ... also without feeling guilty! **Re-creation** is taking time to reflect and recharge through rest or an enjoyable pastime. The dictionary calls it *reviving, refreshing or giving new life to*.

The constancy of technology is another kind of exercise which can keep our brains working overtime. It's said that our generation is the 'most high - tech in history' ... you will see people everywhere

constantly on their phones (flitting between texting, Facebook and other uses like banking, shopping). Phones can be very useful but did you know we are also the most **MEDICATED** generation!

A story about stillness comes from the early days of photography; an image was captured by *Louis Daguerre* on a street in Paris of a lone man standing still. The mystery is that the footpaths and roads should have been bustling with activity, but the people and horses didn't show up because it took seven minutes for the camera to process the photo and the image had to be still for that time. The man was the only one standing still because he was having his boots shined!

There are many bible verses about rest ... *Psalm 23* talks about refreshing our souls by being still.

Jesus says 'Come to me and I will give you rest', *Matthew 11:28*.

If we are resting we are usually at peace. Even when our world is troubled God can keep us in perfect peace if we keep our minds on Him, *Isaiah 26:3*.

On Mothers Day we do wish all mothers a lovely day of rest sleeping in, breakfast in bed and all the love of their families.

And remember the bible says we can *all* be renewed **every** day ... by resting in the Lord.

Quotes from our daily bread odb.org and vision.org.au>the-word-for-today

The Counsellor

News From The News

Nabiac Village Community Church

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

St Bernadette's Catholic Church, Krambach

May Mass times are Saturday 6th at 6:00pm, Saturday 13th at 6:00pm
Saturday 15th at 6:00pm & Saturday 27th at 6:00pm
June Mass Saturday 3rd 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

May Mass time is Saturday 20th at 6:00pm
**** Note: Mass has changed from the 4th weekend to the 3rd.****



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Barb available on Monday - Tuesday - Wednesday - Thursday

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

To all the wonderful mothers, grandmothers, aunts, stepmothers and wonderful lady friends out there. We would love to wish you all a wonderful Mother's Day. It's a tiresome job at times but it's very rewarding. It's a special day to say thank you for all that they do.

Happy Mother's Day ladies.

And for the mum's that are no longer with us, we love and miss you everyday.

Now for those special women, there is nothing like a gift voucher for a beautiful new look or a wonderful facial. So call in and have a chat.

"Belinda, Barb & Jess" ❤️

If a part of your body "falls asleep" you can almost always "wake it up" by shaking your head.

A person's height is determined by their father and their weight is determined by their mother

Dry Seasoned Fire Wood For Sale

Trailer Load - Pick up - \$110.00
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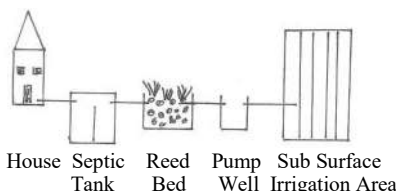
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Need to advertise something for sale or wanted to buy or a freebie?

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 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	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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