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Editorial.

Hi all,

Winter has sent out its cold fingers to let us know we are half way through the year. It's been just a tad cool with temperatures down around the 3 degree mark at my place of a morning, but rising up to early 20's during the day and warm if you are in a sheltered spot.

Definitely time to drag out the winter woollies and light the fire.

Thought I would get away with a 28 page issue this month, BUT, had 2 new big ads, the return of a couple of advertisers who had been out for a while and some new articles. So, some jokes for you.

Louise is still recuperating, so no news from the Neighbourhood Centre, and Bruce kindly filled in for the Village Futures Group news. Louise is slowly getting back "on her feet", literally. Maybe next month will see her active again.

Our Grey Ghosts have been on the move a bit over the last month. It is great to be an "armchair" traveller following their adventures and learning all about places you probably would never think of visiting.

On my Buckets list!

Not much to report as it seems to have been a quiet month.

Reports from Farmers Markets indicate that they are growing each month. The Krambach Country Music concert last Sunday was well attended and a success. Put the date on your calendars for the next one on 27th August.

Not a good time for all the local bee keepers with the compulsory destruction of their hives because of the Varroa virus. Still unsure how the killing of the bees is going to affect local pollination and growth of everyone's veggies and flowers. And also the possible fate of the rest of the insect population in the area, as much as we are told the baits will not harm them!

Laura has included an interesting sounding fritter recipe in her article. Well worth a try.

I am trying to find you some interesting stew/casserole recipes to warm your bellies over winter. Anyone who has a favourite they would like to share please don't hesitate to send it to me to print.

Ticks are still about. Timidty and I have both had some on us as we have been out clearing the undergrowth and dead wood to burn whilst the weather is dry and cold and great for pile burning.

Don't forget to notify your neighbours and the RFI before you do or you might get an unwanted visit from the local fire brigade.

Try to take care of your health as there is a rather horrible flu/cold going about. My son, his apprentice, my girlfriend and her grand-daughter have all be laid flat with it for over two weeks. Nasty!

Keep well and warm 'til next month

Lyn, & Timidty (Tilley Cat in spirit)



WHAT'S HAPPENING IN JUNE 2023

Markets & Events.

• Bulahdelah	(1st Sat)	3 rd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 th	8am to 12 noon
• John's River Country	(2nd Sat)	10 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	3 rd	8am to 12 noon
• Myall Quays	(3rd Sat)	17 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 th	8am to 12 noon
• Krambach	(3rd Sun)	18th	8am to 12 noon
• NABIAC	(Last Sat)	24th	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	25 th	9am to 1pm
• Forster Town	(2nd Sun)	11 th	8am to 2pm
• Halliday's Point	(1st Sun)	4 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 th	8am to 1pm
• Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm
• Great Lakes Palliative Care	(3rd Sat)	17 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.

ALL ART WORK IN JPG ONLY

Disclaimer: The editor has **no affiliations** to any advertisers and the opinions expressed by submitters are their own.

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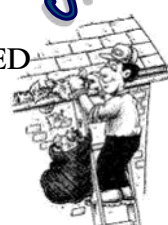
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Nabiac Landcare

Things are quieting down a bit on the Nabiac Landcare front as our grey nomads seem to be taking off for warmer climes. They do assure me that they will definitely be back before the koel returns. I must admit when the temperature in the morning is 4, I seem to be running a bit slower than usual. Working in the bush the last couple of weeks has been very pleasant. Not too hot, not too muddy and the weeds are still pulling out fairly easily.

My garden escapee for this month is the Indian Hawthorn *Rhaphiolepis indica*; it is listed as an environmental weed along most of the east coast of Australia. The Indian Hawthorn is a tough shrub with leathery, glossy green leaves and plentiful white and sometimes pink flowers. It normally grows only 1-1.5 metres but I have seen one much bigger than that. The common variety also sets many blue-black seeds that are attractive to birds. There are several cultivars available that are advertised as not setting as many seeds or as being sterile, so if you are choosing to plant an Indian Hawthorn look for one of these varieties in the nursery. If the label mentions seeds as a feature **avoid** it! For more information see [NSW WeedWise](#).



We've been doing follow-up weeding in areas that had major clearing of privet and lantana last year. I'm not exaggerating when I say, I have pulled thousands of privet seedlings. Hopefully after a couple of years of follow-up the privet seed bank in the soil will be exhausted. Unfortunately, as long as there are seeding privets in the area the birds will bring some seeds back.

We'd like to offer our sympathy to the owners of the piles of chook feathers we've found at LPB lately. I have a feeling there is a well-fed fox in the neighbourhood!

Two years ago, just before the floods in March 2021, we inoculated the 'White trad', aka 'wandering jew', officially known as

Tradescantia alba with a fungal biological control agent. We waited, not knowing if the floods had washed away our efforts. Last year we had some evidence of infection but this year the trad at Bullocky Wharf seemed as strong as ever. However, last week, when we were monitoring the site, we found signs of infection. Hopefully, over a couple of years, the trad population will reduce allowing a more diverse layer of ground plants.



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
6554 3196

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Between the Pages

Nabiac Library News



Well hello winter!!! We're off to a chilly start. Great weather for reading, watching DVDs, browsing magazines, socialising at Nabiac Library, puzzling our community jigsaw. Oh wait, all weather is great for those things!!!!!! We hope everyone is keeping warm and dodging those nasty winter germs. What's happening this month?

JUNE EVENTS

Tech Savvy Seniors

A NSW Government initiative
in partnership with Telstra



Tech Savvy Seniors:- 30 minute one
on one session. Tuesday, 20th June,
2023, 1pm-4.30pm Nabiac Library.

This one-on-one session will be tailored to your individual need. Topics covered could include making and receiving calls, adding or accessing contacts or apps, sending texts, emails, messages or photos, accessing the internet or just discovering where all those little things are that make using your smart phone easier. Booking essential, phone 7955 7001



Have you explored the **Niche Academy**?

Help getting started with Library apps like **Libby** and **Kanopy** or perhaps learn tips and trick for family history resources like **Find**

My Past and Ancestry.com or explore **Facebook**, **Twitter**, **Gmail** and more.... You'll find the **Niche Academy** at **MidCoast Libraries Home page under eServices**. Get started today. Check out our eBooks, eAudiobooks and eMagazines on the **Libby** app. What is **Kanopy**? Enjoy a large collection of award-winning films and documentaries streaming for free with your library card. Also you will find films for children with **Kanopy Kids**.

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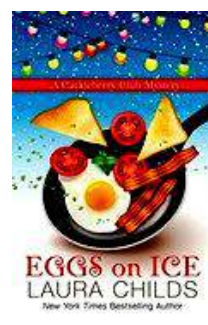
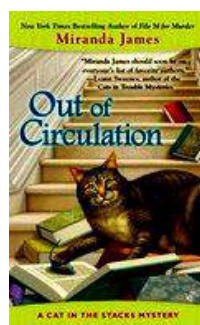
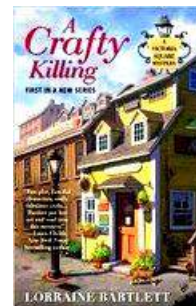
Vacation Care: 7am-5.30pm

Are you a car or motorcycle enthusiast? Do you need up-to date manuals for common repairs, routine maintenance and servicing procedures? Library members are able to access this eService directly on the library computers and also from home using their library card number and exploring **Haynes Car and Motorcycle Manuals**. Not sure which author to read next or you want to go in a new reading direction. **Who else writes like?** can help you decide. Or if you are looking for children's books, the kid's version **Who Next?** Is the place to start.



Those who enjoy reading cosy mysteries & romance....how about trying a new author?

Nabiac Library volunteers and staff look forward to catching up, seeing and assisting you with all your library needs. Keep warm. See you soon in our wonderful Nabiac Library!!



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Nabiac Village Futures Group News



Not a lot to report from the VFG apart from a visit we made to Council regarding visitor signage in the village. The present sign in the Memorial Park has not been kept up to date. Suggestions from Council were brought back. Further discussion is happening and thoughts from the Community as to signage and position will be most welcome.

AND did you know that the village has a Council employee (living in town) that looks after Nabiac. It's no accident the village looks great thanks to **Nick**. He loves the job.

You will see him about mowing and wiper snipping so give him a toot and thumbs up. He deserves it.

Bruce Henry

Krambach Garden Lovers News



Well, at last I have caught up. The end of the month suddenly appears and then, whoosh, it is gone.

Since I last wrote we have had our Annual General Meeting and then had a little get-together.

In March we went to **Pam's** home and my, how the garden has grown since we were there last. It is a lovely garden going down to the Wallambah River bank. Pam had this lovely Tibouchina which was of many colours. It was beautiful. She also has many different coloured frangipani. There was a great veggie garden and 3 little hens, who were very friendly, and lots of little nooks to sit and watch the world go by.

April was at **Lynda's** garden in Forster. Lynda has a lovely front outlook, facing a park. She live on a house block and so this is different to Pam's. It was delightful sitting in her backyard. The planting has made it completely private. Lynda also grows vegies but in a standing garden bed. With careful planting she has accumulated a host of different plants, such as roses, sweet-peas, grasses, shrubs and trees. A lovely time was had by all and we decided next time we will be going once again to the *succulent garden* at South Taree as we had a lovely time last time and scored lots of bargains

I forgot to mention that at our meetings we have a swap table plus a "wish" list book. If you would like to meet "like minded" people get in touch

Until next time, happy gardening

Judi

6559 1375

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Nabiac Pharmacy News



Digital Health

I am sure that over the last couple of years you have noticed, increasingly, that a lot more of your health services are being done electronically.

This change to digital health has been accelerated by COVID. At the moment, **e-Scripts** are increasing in uptake. To aid patients with this transition we are providing a printed copy of your e-Scripts. This is so patients have a physical as well as digital record. Sometimes a good old piece of paper is best, that's why we still have books even though e-Books are a lot cheaper.

The second major part of digital health is **My Health Records**. The records are very useful in helping co-ordinate patient care. Clinically it is exceptionally helpful to be able to see; medical summaries, pathology reports, hospital reports and medication histories. Patients can customise these and add their own information to the MHR.

A lot of people are worried that their MHR is not safe. I can tell you that they are very, very safe. It's very hard for us to access the MHRs, because they are so secure. We need to deal with three government agencies at the same time to access them, which is why they are so secure. The other main worry that people have is that the government is looking at their information. The truth is the government already has all this information, it is just being put in a place so that it helps you.

Digital health is not the "be all and end all" but it is a very good thing for the future of your health care.

Tim

Krambach Country & Western Concert

On Sunday 28th May, the quarterly Country & Western Concert was held at the Krambach Hall.

We had a great attendance with lots of singing and foot tapping. The singers and musicians were all in great form.

The barbeque lunch and morning and afternoon teas proved to be very popular as was the monster raffle.

All proceeds went to help with the upkeep of the hall. Why not come to the next concert on the 27th August.

I am sure you will enjoy yourself.

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade is making the most of the winter conditions by *preparing for the worst but hoping for the best* when it comes to the next Bush Fire Danger Period. We only have three months before we need Fire Permits again and going by the amount of fires that are on the go around the neighbourhood, we aren't the only ones trying to get some serious preparations under way. *An ounce of prevention is worth a pound of cure.*

Pre-incident Plans are high on our priority list. Within our Brigade area we have some major public infrastructure, such as telecommunications towers, a water treatment plant, power poles and wires. Some of these are in difficult to access, highly timbered areas which can make them challenging to protect during bush fires and requiring a significant number of both ground and air crews. Having prior knowledge of the area, the infrastructure within that area and the topography surrounding it, is extremely useful, not only for our Brigade, but for those allocating resources from the (usually local) incident centre.

Have you ever wondered about how the **Bush Fire Alert Levels** are determined, the process involved in declaring an Emergency Warning, and how long that process takes?

- * In NSW all bush fire incidents are assigned an alert level.
- * The NSW RFS has a legislative responsibility to issue public warnings about bush fires and bush fire threats in the State, for the purpose of protecting life and property.
- * Alert Levels are aligned to incidents, not specific locations, and they change as the threat to the community changes.



Advice

A fire has started. There is no immediate danger. Stay up to date in case the situation changes



Watch And Act

There is a heightened level of threat. Conditions are changing and you need to start taking action now to protect you and your family



Emergency Warning

An Emergency Warning is the highest level of Bush Fire Alert. You may be in danger and need to take action immediately. Any delay now puts your life at risk.

During major fires especially, information is continually being relayed from the fire-ground and aerial crews to the incident control centre where it is collected by an Incident Controller and Public Information Officer, combined with a range of different sources such as Bureau of Meteorology reports/forecasts and any other information that has been

received relevant to the current situation. At any one time the Alert level may be, for instance, Watch and Act, but at some point during the preceding time frame, conditions may have changed dramatically and homes and lives may now be at risk.

Having assessed the information and taken into consideration the recommendations received, the Incident Controller may decide an Emergency Warning is called for. Using the "Red Phone" a call is made, simultaneously, to a collection of NSW Rural Fire Service Commissioners the State Operations Controller and State Public Information Officer with the suggestion that an Emergency Warning be declared.

Because time is of the essence in these situations, while the phone call is being made, someone in the operations centre is preparing an Emergency Warning Alert which will be disseminated to the media and those in the danger area.

Having received a unanimous "yes" from all who have the authority to declare such a warning, the "Red Phone" goes down and the button is pressed to transmit the Warning.

That takes a matter of minutes.

**It is a very well informed,
highly considered and efficient process and procedure.**

During the 2019-2020 Bush Fires, the Mid Coast District and our neighbours were in the thick of it. There were continuous changes to the Alert levels assigned to each individual fire. Emergency Warnings were popping up on the television screens, radio programs were being interrupted, phones were ringing and mobile phones were receiving text messages.

And the same will apply to future fires.

Emergency Warnings are reviewed and updated every 30 minutes. Now you have the "inside scoop" on how that warning is generated. It's not magic, but you have to admit, it is very impressive!

Knowing the current Fire Danger Rating (FDR) may save your life.

We've said it before, and we are saying it again. And there is more than a slight chance that we will say it over and over, because that's how important it is. The FDR gives you an indication of the consequences of a fire, if a fire was to start, and is specific to your particular area.



MODERATE:

Plan and prepare

HIGH:

Be ready to act

EXTREME:

Take action now to protect life and property

CATASTROPHIC:

For your survival
Leave bushfire risk area



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NEWS FROM NABIAC PUBLIC SCHOOL



Our School Athletics Carnival was held last month at the Tuncurry Sporting Field. Our wonderful P&C paid the lion's share of the cost of the buses allowing all students to attend for a minimal amount. Thank you also to the P&C for cooking a BBQ for students. Congratulations to the winning House – Wallamba and to the age champions – Junior Boy *Izaak Buttel*, Junior Girl *Evie Scott*, 11yr boy *Joey Hill*, 11yr Girl *Charlotte Merrick*, 12/13yr boy *Nate Lawson*, 12/13yr girl *Grace Earnshaw*. (pictured in order l to r)



Coming up this month is the Boys Touch Football Gala Day. We also have four students representing our school at Regional Cross Country this year – Good luck to *Joey* and *Evie Hill*, *Amelia Clements* and *Olivia Delardes*.

Teachers are madly working on reports ready to send home at the end of term. We also look forward to celebrating NAIDOC at the end of the term.

Leonie M^cKinnon

School Administrative Manager (Rel)
Nabiac Public School

We also keep slipping in a little reminder about the Hazards Near Me NSW app.

You may remember it as Fires Near Me. It's been updated and is now not just about fires because the RFS is an emergency service, not simply a fire fighting service.



Hazards Near Me NSW

Remember, an ounce of prevention is worth a pound of cure.

Report unattended fires to
Triple Zero (000)

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WALLAMBA CWA REPORT

Our May meeting was only small due to two of our members – *Merle Barber* and *Jenny Ang* - representing the Branch at the State Conference which was held at Bathurst, we look forward to their report on it at our June meeting' and several other members had medical appointments and family commitments to attend to.

President *Margaret Weller* welcomed all and opened the meeting with "Welcome to Country" followed by The National Anthem, CWA Motto and CWA Prayer before members paused to remember departed friends and identities including long serving Eungai-Stuart's Point CWA member *Daphne English* (known to several of our members), *Margaret Fegan* formerly of Dyer's Crossing, *Tim Eyles* and *Ted Clare*, both of Wingham friends of member *Pam*, Australian entertainment icon *Barry Humphries* and TV Chef *Jock Zonfrillio*.

The thought for our meeting was provided by member *Carolyn* and was as follows:-

"Don't judge the day by the harvest you reap, but the seeds you plant". (A quote from Robert Louis Stevenson). Member *Jill* will give us the June thought.

Following the correspondence being dealt with, Treasurer *Jenny's* report was presented by Secretary *Pam* in her absence.

Next came International Officer *Penny's* report on the Top 5 Spots in Latvia – our current Country of Study – to visit.

These included **RIGA**, capital of Latvia, listed as crown jewel of Latvia, and the Baltics. Riga's old town is a UNESCO World Heritage site and has more than 600,000 people.

GAVJA National Park is the perfect place to de-stress – hiking trails, medieval castles, bungee jumping and bob sleighing. **JUIMAL** is another popular place with a 25 mile long white beach just 20 minutes from Riga and a popular seaside resort. It also has mineral waters and folk enjoy mudpacks and massages. There are also pine forests to explore.



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KULDIGA is commonly known as the Nordic Venice due to the water that flows through it and its abundant historical architecture. Venta Rapids are Europe's widest waterfalls - you can wade across them, a distance of 100-110 metres with a height of 1.8- 2 metres.

RUNDALE PALACE & MUSEUM – Designed by Francesco Rastelli, the same architect who created St. Petersburg Hermitage. It is a superbly restored Baroque & Rococo masterpiece packed with art treasures and surrounded by a rose garden.

Penny is also Cultural Officer and has informed us the new branch project for 2023-24 is to design an A4 3 fold brochure highlighting 10 things to see or around your place and it has to be finished before November 15th.

Congratulations to our Officer Penny who was announced 2nd place winner for the State with her MNC Cultural Report during the State Conference.

AG & ENVIRONMENT REPORT – Unfortunately Officer *Coral* couldn't be with us for the meeting but it has been announced that **HEMP** is our Primary Product for this coming year. There hasn't been an announcement yet what our Fauna and Foe is.

The next Group meeting is the Agricultural and Environment together with Handicraft and will be hosted by Forster CWA Branch on Thursday 29th June and members attending will be worked out at our June meeting on Tuesday 13th.

The Branch received a Certificate of Appreciation from Wallamba Show Society for their continued sponsorship and support over many years and will be treasured.

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,

I would like to start with a big **thank you** to everyone who has donated sheets, blankets, Doonas, towels and winter clothing over the last couple of weeks. Your donations were very much appreciated.

Dates to remember for Op Shop:

Open Saturday 10th June, 2023.

Closed Monday 12th June, 2023 for the Kings Birthday long weekend.

Reopen Tuesday 13th June, 2023.

Donations:

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

We are still in need of clean towels, sheets and blankets, jackets and men's Winter clothing.

All these items would be received with great appreciation.

Thankyou in advance for your Donations.

Shop:

Winter jackets have been put out.

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 which includes 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.

There is no other Op Shop in our area that you can pay \$1.00 for an item so it's 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 and DVD's 15 for \$5.00.

Books for kids and young readers are free and all other books are

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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.

The Shed has received a large amount of Hessian Bags. Price is \$1.00.

You will find them in shed. The bags have been very popular for use in the garden, worm farms, dog blankets for your fur babies kennel. There are so many different uses for the Hessian .bags

A big thankyou to *Peter* for donating the bags to the Op Shop.

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 any day 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.

Kind Regards

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

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**Mini Muse Private Gallery At
Muse Art & Crafts**

Exciting News!!!

Muse has been going from strength to strength during its first 6 months, now we're taking it to the next level!

As Winter approaches we are really excited to announce the launch of 'Inner Muse Art Academy' (IMAA).

Aimed at artists and aspiring artists, IMAA will be hosting a programme of Art Classes, not to be confused with 'social' workshop events, but serious art classes to introduce artists to new mediums and develop new tools to grow their art.

This is for artists (or aspiring artists) by artists.

With a ratio of 4 students to 1 teacher/artist, the artist will be able to soak up much more information/experience than in larger groups.

The disciplines we will be covering initially are:

Pastels

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All classes are held on a weekend, materials will be provided and morning (or afternoon) refreshments will be provided also.

With the exception of the pastels workshop, which is run over 2 days, the classes will cost \$110. Pastels will be \$125 as it is a 2 day course.

Classes will commence in July and run through August and September. Dates are being finalised and will be published on our Facebook page, Muse art and Crafts Nabitac.

If this sounds like something you would be interested in, you can beat the queues by e-mailing to pre-register at

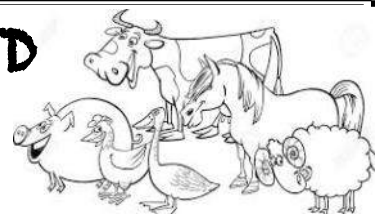
museartandcrafts@gmail.com. Don't forget to include the discipline you are interested in and your contact number. Remember there are only 4 places at each class, so don't delay, you snooze, you lose!

Regards

Janice Vance

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Show News

Even though the 2023 show is tucked away, the road towards the 2024 show is very much in the forefront. We have confirmed several of the entertainment areas including Old MacDonald's Petting Zoo which will be returning and very firm bookings for many of the people we had this year who loved being at the NabiAc show.

The Poultry shed has been cleaned from top to bottom and is now sitting waiting for the next occupants. Letters of enquiry from people who are keen to come and judge different areas have been received, and at our general meetings, there is a hive of activity from people who are bursting with ideas and bringing them along for discussion.

Recognising that during June, we have had National Volunteer Week. An opportunity to thank all the people who support the many organisations that could not operate without the 100's of hours people volunteer. The NabiAc show falls into this category. We are truly grateful for all the people who give hours and hours of their time for our one day show. This is our opportunity to say Thank You to you all and trust that we will see you again next year with your sleeves rolled up and your energy and enthusiasm abounding.

Membership fees are due on the 1st July. The membership fee remains at \$10.00 p.a. for adults and \$5.00 p.a. for children. Information on internet banking is available on the web site or if you would prefer, our mailing address is c/- the NabiAc Post Office. It would be preferred if the subscriptions could be paid before the AGM night on the 9th August please. Feel free to ring me if you have any queries.

Stay rugged up and warm.

Carol Baines –

WDA&H Secretary
 Phone - **0404 963 779**

Email –
secretary_wdah@outlook.com



"Why do cows have hooves instead of feet? They lactose"



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Thank you so much for volunteering. Your willingness to give your time, ideas and energy is greatly appreciated. Your support in the

months leading up to the show, on show day and the days afterwards, allows the show to continue to fulfill our mission and serve the people both in our community and those who come from afar each year. Without you, there is no NabiAc show.

Thank you for all you do.

Carol Baines – WDA&H Secretary
 Phone - **0404 963 779**



Heads-up. Save the date. 8th July, 2023 Legacy Centenary Torch Relay



This year is the centenary of the formation of Legacy. A commemorative Torch Relay left Poitiers, France, just before Anzac Day, travelled to London and is now doing the rounds of all 44 Legacy Clubs in Australia with its final destination being the Shrine of Remembrance in Melbourne on 13th October.

On **Saturday 8th July**, the Torch will travel through **Wingham, Taree and Forster/Tuncurry** where it will be crossing the bridge from Forster at noon and arriving at **Lone Pine Park in Tuncurry around 2.45pm** for a ceremony.

Get your cameras ready. It will be a once in a lifetime event.



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TAKING CARE OF THEIR TEETH IS VITAL FOR YOUR PETS COMFORT AND WELLBEING

Dental disease is extremely common in our pets and is a major cause of poor health and discomfort, especially as pets grow older. In a group of 10 dogs or cats, as many as 8 of them will have some degree of dental disease and studies show owners are likely to underestimate both the extent of their pet's dental disease and the effect it is having on their welfare.

Smaller dog breeds are more prone to severe dental disease and so in most instances they should have regular (6 monthly) dental checks to identify problems early. Larger breeds still get dental disease, but generally an annual dental check will suffice for them.

Plaque is a film of bacteria on the tooth surface, that causes gum inflammation and the gradual destruction of the periodontal structures anchoring the tooth. We grade dental disease from 1-4 depending on severity. Unfortunately, it is common for owners to be unaware of just how bad their pet's tooth decay is. The most common signs of dental disease as noticed by owners are bad breath, difficulty or pain when eating, an aversion to hard foods and weight loss. These signs usually occur once the dental disease is severe with some teeth requiring extraction (grade 3 or grade 4 dental disease). Once dental disease progresses beyond grade 1 or 2, the damage to the tooth structures is permanent and so it is very important to diagnose and treat dental disease early, before the damage is irreversible.

What does dental disease look like?

Plaque (masses of bacteria) build up on the teeth causing inflammation, which then results in damage to the periodontal structure. Initially this plaque looks like a yellow film on the teeth surface (grade 1), the gums then become red and in time the plaque hardens into brown calculus (grade 2). The end result of this process is pain, smelly breath and eventually tooth loss (grade 4). It is important to intervene and treat dental disease at the grade 1 stage before there is permanent damage.

Why is dental health important?

Poor dental health has wide-ranging impacts on their overall health and comfort. The decaying teeth harbour masses of bacteria that continually enter the bloodstream and get transported to the heart, liver and kidneys where they can cause severe infections and organ damage. Perhaps most importantly, it is a very painful condition and results in chronic discomfort until the diseased teeth and the source of the pain are removed. The dog pictured with grade 4 disease would likely have difficulty eating and chronic pain.

How can you maintain your pet's dental health?

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The good news is that dental disease can be both treated and prevented. The single most important preventative measure you can implement to maintain your pets' teeth is regular tooth brushing. Most dogs and many cats can be trained to accept tooth brushing if you start off slowly and gently, for very short periods, with lots of rewards and a tasty pet toothpaste that encourages them to accept the process. The primary aim of brushing their teeth is mechanical abrasion of the tooth surface to dislodge plaque and food particles and even a small amount of brushing can make a big difference. It is not a good idea to start brushing your pet's teeth if they have active dental disease present, as the process is likely to be painful and they will resent it, making future brushing attempts less likely to be successful. The dental disease needs to be treated by your Veterinarian first, and then a preventative brushing program implemented once the mouth is comfortable again. If you would like a tutorial on brushing your pet's teeth, one of our trained dental nurses would be happy to give you a demonstration.

There are also dental foods specifically designed to prevent plaque buildup and these can be an effective preventative measure and the next best option if pets do not tolerate toothbrushing.

It is very important to have your pet's teeth checked regularly by a Veterinarian with an interest in pet dentistry. As mentioned above, early intervention to treat the dental disease **before** permanent damage is done makes a huge difference to the health and comfort of their mouth and also makes it much more likely they will keep all their teeth well into old age. If you have any concerns about your pet's teeth, please call Wingham & Valley Vets on 6557 0000 and we can arrange a complimentary dental check to ensure their mouth is healthy.



Figure 1: Grade 1 Dental Disease - plaque and gingivitis



Figure 3: Grade 3 Dental Disease - severe calculus, gum recession and bone loss



Figure 2: Grade 2 Dental Disease - calculus, gingivitis and some attachment loss



Figure 4: Grade 4 Dental Disease - severe attachment and bone loss, many teeth requiring extraction

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* garden-art * dog treats & dog beds * seedlings * jewellery
* sourdough bread * market BBQ * food * live music

The May market was another roaring success! With happy stallholders, busy shoppers, and great weather to boot.



We had two workshops:

Hannah's wild-flower hattery and
Liz's flaxseed crackers.

Both were well received and looked great!



In other market news, we have welcomed many new stalls in 2023 and market sales increased in April and May. We are working on a bench to celebrate the memory of our market founder, **Helen Smith**.

Stallholder Feature:

Sohip Organic Farm represents three generations of life intertwined with the land. A seed was firmly planted in their minds back in 2019, when they packed up the city life and moved to the beautiful Lorne Valley, NSW. I met the Sohip family for the first time at Nabiac Farmers' Market yesterday. This family exudes healthy living and passion for produce. It's infectious! They are a welcome addition to our burgeoning group of produce stalls – all boasting high quality local fresh food.






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The Sohip family had a big vision for small ecological farming, to provide food for their local community. Their crops are now rolling out well beyond Lorne.

These guys certainly "think global and act local."

When you buy

produce from Sohip, you're buying produce grown in healthy soil, raised by farmers who care about the health of the soil, the people they feed and future generations. In their own words: "You are not only filling your belly with "oh so fresh goodness", ... you're also playing an integral part in the change we all wish to see."

Their regenerative farming practices include zero chemical pesticides, zero chemical fertilizer, and no tilling once a bed is established. Nets help keep pilfering bugs at bay! Biological inputs and their own compost support biodiversity, ensures nutrient rich food and healthy soil life.

The rotations include over 30 types of vegetables and herbs.

Check out their website to find out about their delivery areas and remember to pop the 24th June in the diary, for our next Nabiac Farmers' Market.

[Sohip Organics - Fruit & Veg Boxes Mid North Coast](#)

Stallholder applications, email: nfmcoordinator@gmail.com, or, download forms from the website www.nabiac.com and email them though to us. Find us under "events". Ph: 0438 012 781.

We regularly post info and updates on Instagram and Facebook. Follow us to support local shopping and stay updated!

Thank you to everyone who makes our market great. We appreciate you all.

See you at the June market.

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





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

Have you ever thought that you could almost furnish and equip you house/flat inexpensively from finds at the Op Shop??

Come in and check out the furniture in the shed

How about a lounge for the verandah or sitting room, a nice table and chairs for the kitchen/dining room and some wall units to fill with lovely china, ornamental glass wear or books to finish off the look.

There are framed pictures for the walls, vases for flowers on the table, DVD's and CD's for your music cabinet

The amount of china and glass wear and cooking dishes to choose from is mind boggling.

Even the linen press and clothes closet can be topped up with linen, blankets, and ladies', men's and kids' clothing and shoes.

Check out the goodies in these photos, then pop down and see them "in the flesh".

Getting married or going to a ball? I have seen some lovely "used only once" wedding dresses hanging on the wall in the 'good' dress room. See your 2 cheeky 'models' showing off some of the wears and also check out the lovely ladies who are there to help every day.





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REAL KULTCHA

Well, by the time you read this bit of waffle we'll be into June and that means we're half way through the year: it seems it was Christmas just a few weeks ago! But, as usual, there's been a lot happenin' in the sporting world so I'd better get amongst it.

Hot off the presses is the news Raffa Nadal – the cacky hander tennis player with the tight under dacs – has just announced that his body is not recovering anywhere near as fast as it used to. In fact, the injury he sustained at the Oz Open earlier this year is still troubling him to the point he will sit out this year (and that includes the French Open which he has dominated and played in for 19 years straight) in the hope he can come back next year for one LAST tilt at the Majors. So sad to see his career end like this.

Another spot of news is the AFL (Oz Rules, for those of you who are still a bit sleepy) has finally decided to grant a new team franchise to Tasmania and it's about time. In another life (some 55+ years ago) I lived in Melbourne and because I bunked with a Tasmanian, he dragged me along to Moorabbin to watch St Kilda play because the bulk of the team then – and that included the Captain, *Saint Darrel Baldock* – were also Tasmanians! Much rejoicing of course, as the Premier signed up but there's a catch. Yep, the team won't come into the league until 2028 and they have to also build a new stadium with a roof. The AFL then said they'll tip in about \$15 million and the Federal Government says they'll tip in around \$200 million! That means Tasmania only has to find around \$750 million! Within sight of where the new stadium is to be built is Bellerive cricket field where games are now played and which holds about 33,000 spectators. The new stadium will seat about 36,000! The AFL now plays games at Bellerive so for an investment of \$750 million dollars, Tasmania will get a team and a new stadium that will seat just another 3,000 patrons. Looks like a raw deal to me and the bulk of Tasmanians are liveried: they have a perfectly good stadium now that can be improved over the years and they also know \$750 million dollars (yep, that's what the new stadium will cost) will blow a hole in the State's budget for a generation or two! On top of that, this last week has seen games played on country Victorian fields that don't have a rooves and crowd sizes anywhere near the size of what Hobart can provide. The Premier who signed up is under **BIG** pressure and if he hasn't yet been booed he deserves to be. If I were a betting man (and I'm not) I'd bet the offer of a team will be turned down until the stipulation of a new

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stadium is dropped.

I've said before politics is a sport so I wonder if you've noticed there is talk of raising the number of Federal polities in Canberra. Yep, there are currently 151 House of Reps members and the talk is they're thinking of raising it to (wait for it) 234. They're also talking about raising the number of Senators from 76 to (are you ready for this) 122! There's a lot of guff being thrown around about how many folk each member now represents compared to the numbers at Federation and (though Lord knows why) the British Parliament. Of course they're going to compare this and that to then and now in the hope we'll buy it, but there's no talk of how much it'll cost! My guess is those numbers of new members will outstrip the number of offices now in Parliament House so they'll probably also have to enlarge the building – maybe Cape Cod it – and that'll cost a bomb as well. Just tell the polities to work a bit harder, that's my feeling.

A couple of short ones: Former *Galahs* player Brian Booth has died. He played 29 Tests, was named captain twice, had a batting average 42.21 and he also represented Australia in hockey at the 1956 Olympic Games in Melbourne; Sam Kerr has had another outstanding year playing soccer in England for the Chelsea side. She's an automatic selection in *The Matildas* for later this year's World Cup; Michael Schumacher's family are about to start legal action over an "exclusive interview" with the former F1 driver. Why? Well, there was no interview. The whole thing was generated by an Artificial Intelligence programme and then passed off as real. I think we're going to see more of this type of lying especially come election time. Would you believe the computer programmes can generate images of somebody saying something so realistically you can't tell now what is true and what is fake; Tador Gooch, the winner of last month's LIV golf party in Adelaide, got a cheque for \$6 million and boy, did he enjoy it, until the tax man came a-calling and took \$2.8 million of it!; and, do you remember Ange Potecoglou, the Australian soccer coach, Soccer Australia punted? Well, he just coached Celtic to their second – on the trot – Scottish Cup final. Why did we punt somebody like that?

Talk at you again next month,

The Hillside Critic

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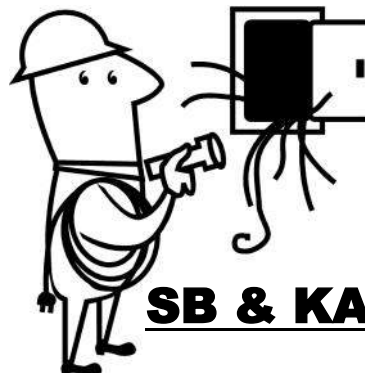
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The walking or stilt palm walks to a better spot if it doesn't like where it's living! The tree grows up to 70 feet tall in the Amazon. Stilts hold it up and support its central trunk. To walk the tree grows more stilts on one side and then lets the other ones die so it slowly moves along

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Happy June everyone. It's a great time of year to enjoy slow growth in the garden, enjoy cosy time inside browsing recipes by the fire, and be warm in front of the oven.

Here's a recipe for you, which will support gut health and immunity, and provide an energy boost.

Moroccan Carrot & Chickpea fritters. Vegetarian, gluten free & easy!



These easy fritters are nutritious and pair with so many other foods. Bake in the oven instead of pan fry. It's healthier, plus you can set a timer and walk away! Keep some in the freezer, take them to work. The fritters are a balanced meal on their own, or serve them with any choice of veggies, fish or meat.

These carrot & chickpea fritters are rich in protein and fibre and are packed with vitamins & minerals. Serve with a vitamin C rich food, such as tomato, mango, or berries, to boost iron absorption. Add yoghurt and hummus.

Nutrition breakdown:

These delicious fritters give you lots of nutrient bang for your buck!

- Carrots are a great source of healthy carbohydrates, providing you with energy to move and for your body to function.
- Carrots are also rich in antioxidants, such as beta-carotene, which protect your body's cells from damage.
- Carbs are essential fuel for the brain.
- Onions possess flavonoid antioxidants, which reduce the risk of colorectal cancer.
- Garlic has prebiotics (to feed the good gut bacteria) plus, antimicrobial properties too.



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- Coriander (cilantro) has vitamin K, antioxidants, and folate.
- Eggs are rich in protein and essential minerals, including iron, plus carotenoids and disease fighting compounds such as lutein.
- Spices are great for flavour, preserving and reducing inflammation in the body.

NOTE:

When it comes to your food, source the best quality possible. Here's 5 tips:

1. non-BPA lined cans
2. pasture-raised eggs
3. non-GMO chickpeas & flax
4. organic veggies when available
5. use biodegradable baking paper.

RECIPE:



- 1 can chickpeas
- 3 medium carrots
- 1 level dessert spoon of flax
- 1 brown onion
- a handful of fennel
- 1 large handful chopped coriander
- 2 cloves garlic
- 2 eggs
- 1.5 teaspoon Moroccan spice – I used cardamom, black pepper, turmeric & cinnamon.
- salt to taste

WHAT TO DO

1. Preheat oven to 200c (390f).
2. Place carrot, fennel, onion, and garlic in the food processor and choose the chop/grate setting.
3. Add the chickpeas and process to desired consistency.
4. place ingredients in a mixing bowl.
5. Add the eggs, spices, and flax.
6. Taste and add more spices as preferred.
7. Divide mixture into patties and place onto a lined oven tray, then pat down into shape.
8. Bake for around 20-30 mins.

Enjoy 3-4 patties with your choice of salad or veg, yoghurt and guacamole, or as a burger in a bun.

I'd love to hear from you! Let me know what you think of this recipe. If you're interested in winter soup recipes, check out the blogs on the website – link below.



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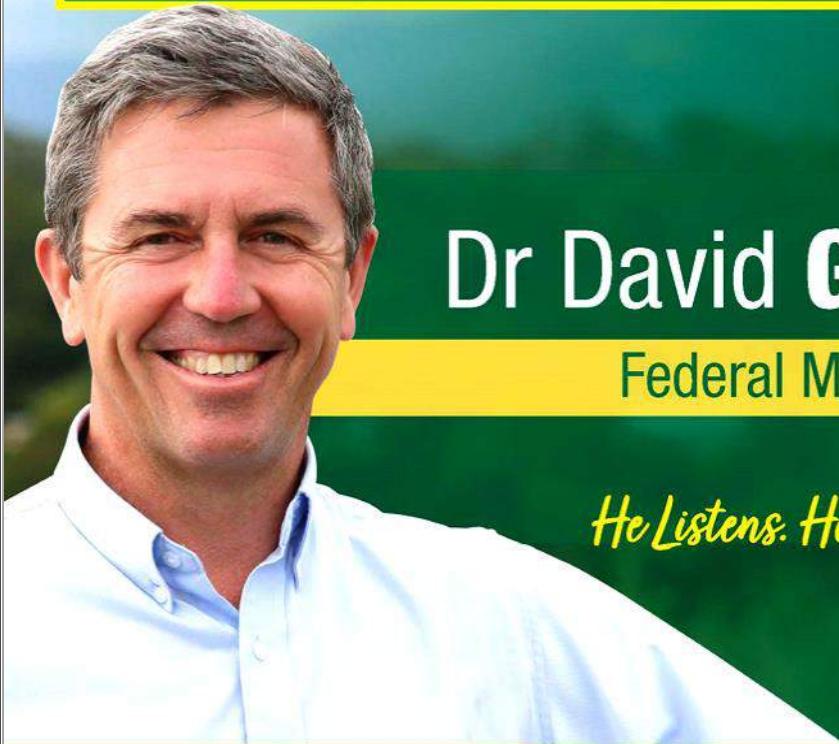
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Welcome to Deb's Gardening,



I have learnt something new; Seed raising mix is not seed raising mix. I thought I would save myself sometime and buy a bag of Seed raising mix. Well, my leafy vegetables germinated quickly because I planted by the moon phase which was Waxing at the time of sowing, a good time to sow leafy vegies but that's where they stopped. Every day I would check the seedling and wondered why they stopped growing. They only grew to the cotyledon stage which is the first 2 leaves. Was I not giving them enough light or enough water but I knew that that wasn't the case. Then I realised that seed raising mix has no fertiliser in it what so ever, so no wonder the seedlings didn't grow, there was no food for them. Seed raising mix is best used sprinkled on top of the seeds and use a good potting mix as the base. I managed to plant some of the seedlings out but I ended up starting again. The seedlings that got planted out are stunted and not growing well even though they got a dose of Seasol and planted in lovely composted soil, they were past their use by date but I am persevering to see if they do grow.

Back in my old life when I grew hydroponic tomatoes, I sowed the seeds in coir (coconut husk) and when the seedlings emerged to the cotyledon stage they were then fed with liquid fertiliser. The seedlings would jump and be ready to plant into the hot houses in a controlled environment within a few weeks of being sown. The seedlings were sown back into coir bags and drip fed with a liquid fertiliser that I made from a recipe that commercial tomato growers use which included the entire major and trace elements which included zinc, boron, magnesium, copper and molybdenum. Today I rely on soil, good compost, old manure, worms and with it an uncontrolled environment.

As I am getting older the body just doesn't do what it used to be able to do and that is work in the garden all day. I have a row of red hot pokers as a border and I prune them back with the good old hedge shears every winter and last year it took me most of the day and I was pooped to say the least. I dreaded the thought of pruning them again; the only thing that kept me going was looking at the beautiful mulch that I was cutting up. I used to love doing things the hard way and not use machine tools but I have succumbed to the fact that if I want to stay out in the garden longer, these days I need help, so I have allowed myself garden machinery. I bit the bullet and went out and bought myself a batter operated hedger. I am in heaven. It hasn't stopped there; I now have a blower, a hand held mini chain saw and now a shredder which I can now shred the red hot pokers instead of cutting them, plus every other pruning material. Gardening is a lot easier since my I got my gadgets.

It is time to get on top of my bindies again; there is just a patch so I am slowly but surely getting on top of them. The plan is to pull them out by hand and heavily over sow with lawn seed. My partner has been mulching and sowing rye seeds in the paddocks - he was told that he planted the seeds too thickly; my thoughts were instantly that it was a good thing to heavy sow the paddocks because it will stop other weeds from coming through. There is already a nice green tinge in the paddocks as the rye has germinated already. It may have cost us more money but in the long run, I am sure the benefits will be there.

I love this time of the year in my garden, with the season's colour changing, watching the bulbs emerging from their dormancy, so much change occurring. Just like my life always changing and along with it challengers. "There something satisfying about getting your hands in the soil". "Everything that slows us down and forces patience, everything that sets us back in the slow circles of nature is a help. Gardening is an instrument of grace."

Until next time

Deb

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Home from Tasmania just a few days and away again on a six day mystery car run with Taree Car Club. This mostly prepaid trip departed Nabiac with some 23 vehicles and 45 bodies early Sunday following that days instructions. Morning tea at Nowendoc but not before our first vehicle breakdown after the roundabout at Nabiac. Not a good start.

Onto Walcha and a visit through the wonderful "Black Shed" full of old expensive things we "should but won't have". The last of two more cars failed here which meant a shuffle of passengers and luggage to accommodate the "refugees". Onto Armidale and dinner at the White Bull Hotel

Onto the aboriginal Gawura Gallery at Glen Innes and then Tenterfield to visit the awesome Hillier company in Rouse St. Hillier are perhaps one of two companies in Oz who build stretch limos, hearses, and body pick up vehicles that service retirement homes, and hospitals. Very clever folks here and the workmanship is outstanding. Wallangara Railway station on the NSW/Qld border for morning tea. It was here in the early days of our history that States could not agree on anything that two different rail gauges met. A large station here where narrow gauge (3ft 6") trains from Qld met and transferred freight and passengers across the station onto the waiting NSW standard gauge (4ft 8 1/2") train. Crazy stuff and we are still making these sorts of dopey decisions. Stanthorpe for the obligatory shopping and dinner at Omara's Pub


Warwick, and we are in the vast area known as the "Granite Belt". We visit a Christmas tree farm and all year round Christmas gift shop, onto Castle Glen Winery. Trolleys of stuff carted out. A visit the next day to a couple on "Gleneden Family Farm" who are into self sustained living and raising working bullocks. Very well run and great morning tea here - scones cooked over an open fire.

Then for many, a first time visit to the horse races. A revelation for all. We were well looked after by the Club and despite betting on the colours of the jockeys, some managed small wins. A great experience.

Jackie Howe Motel that night. (Jackie was a gun shearer and in 1892, shored 321 sheep in 7 hours and 40 minutes in Warwick with hand shears. As of 2015 the record still stands. Worth a look on Google.)

A look then at Summerland Camels, the largest camel farm in the country just 45 minutes west of Brisbane at Harrisville where some 400 females are bred, milked and processed resulting in a vast range of camel products. Most of our lady company staggered out with

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products that virtually guaranteed a more wrinkle free/ smoother/ active/ desirable /complexion/ attitude/ existence. What?

A great experience though and a massive and gentle animal up close.

Next door a massive building with perhaps 10 acres of roof is being erected. We were told that this is a vast medicinal cannabis complex with everything grown and processed under this one roof.

Through Boonah (coffee 'n cake) to Beaudesert where there is much speculation as to where we get to the coast. Revealed at last, Maclean is where we are going, but first several small villages including Alstonville, the home of two of our run organisers. Through more villages that were on the old Pacific Hwy which many would be familiar with. Last night at Maclean Bowling club.

A well run event, enjoyable company, too many delightful villages to mention, no real dramas and a trip home in the rain. Very enjoyable time away.

BH

Part 2.

A trip to Temora last week for family reasons meant running the COVID gauntlet. This meant a 700 km trip through several locked down areas. Straight through Gulgong and Wellington until we found an area at Yeoval to camp for the night.

A delightful place, sadly not as vibrant as it once was but is the home to a dedicated Banjo Patterson museum. Very interesting and recommended. Both Wellington and Gulgong appeared deserted and one feels for everyone affected.

During previous trips however, we have watched the construction at Wellington of the joint venture between BP (a first for them) and an English solar company of the massive solar farm. This nearly completed project covers some 500 hectares (1250 acres) and one drives beside it for some 3 Km's by the highway. When in operation it will include battery storage.

By Molong we are starting to see this year's crops appearing. The dark vibrant green of the wheat contrasting with the blinding yellow of the canola certainly lifts our spirits so one can imagine how those involved must feel. This vista. Extends in all directions as far as one can see and beyond. A very welcome return to good times for all communities.

This promises to be equal to the record crop of last year and the large ground storage areas are being prepared. Good rain during early September has produced outstanding results. Tens of thousands of hectares. If the opportunity exists to be in the West during harvest, take it, it is a massive operation as mentioned in a previous report here.

At last in Temora, a familiar area to us. Without any disrespect to the Coast, the West could be another country. Life and the people are a

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different experience to be savoured. There does not seem to be the urgency as on the coast.

The town is booming and without exception, massive tractors and headers fill all retailer dealer's premises. When one is aware that this is repeated in any major area throughout Oz, the amount of money involved must be staggering. A couple of nuke subs perhaps?

Our plan involves returning via Parkes and we expect to see similar scenes for several hundred kms yet. Great country ..

BH



Let Nature Bee!

As we develop as humans we seem to have lost all connection and faith in Mother Nature. We, as a species, have never been further away from understanding and

living with nature and its wonders. Now there is a pill for this, an injection for that and a poison for those - very convenient!

In this case it's dealing with the Varroa Mite - a Kamikaze approach against not only the European honey bees.

I've been talking to the DPI while standing and watching their team kill 120 odd hives at Dargaville Road. They admitted not testing a single one of them. After they told me that Fipronil, used in the Bee Baiting Programme, is only affecting the European Honey bee and that they'll monitor the stations 6-8 hours daily and lots more questionable answers, I started to do my own research. What I found was very worry some.

Fipronil is a poison, banned in other countries, which affects all and every insect species (think butterflies, dragonflies, wasps, natives....). Well, that is very contrary to the DPI's statement. Please read all about it on

www.sciencedirect.com/topics/earth-and-planetary-sciences/fipronil or even www.publiceye.ch/en/topics/pesticides/banned-in-europe/high-risk-destination. Also, I was talking to our local beekeeper who told me that our precious little native bees sneak into the honey bees hives to steal some raisin and honey and thus will be affected just the same.

Furthermore are there no studies how Fipronil poisoned insects affect the creatures eating them. Like frogs, spiders, lizards or even birds??

So how on earth can we even contemplate putting baiting stations all over our beautiful country?

Fear and panic seem to be the only tools in the governments repertoire to coerce good people into "doing the right thing for Australia" and supporting this radical and harmful doing.

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Did you know that bees have an existing behaviour called hygienic cleaning, which is a natural response to diseases like Varroa Mite? The bee will detect and cap cells and remove the infested content. Yes, we will loose hives during that evolution of the bees but eventually nature prevails and they become resistant (www.bee-craft.com/articles/academic-articles/naturally-varroa-resistant-bees-in-the-UK)

And if you need to interfere with nature there is effective and/or chemical free treatments like fogging food grade mineral oil or oxalic acid to name just a few. (www.beekeepclub.com/tactic-bee-treatment-for-varroa-mites/)

Now think about the impact on human life—besides the fact that the humming of bees has healing properties, we will see our homegrown fruits and veggies disappear, local framers markets won't supply local and organically grown food and we are going to be reliant on mostly pesticide treated, overly expensive supermarket products. The list goes on and on.

WE NEED BEES

These are some of the things I don't understand.

1. after detecting the mite in Krambach, the DPI started the cull on the 6th March but only now continued to kill the rest of the hives - that's 10 weeks later!
2. With the mite only travelling on a live host our beekeeper is not allowed to take his sterilised gear out of the red zone to tend to his other hive, which need urgent attention
3. While they destroy ALL hives here, around Coffs Harbour fruit farmers and bee keepers are still allowed to move their bee boxes and ONLY DESTROY VARROA INFECTED HIVES (see Glen Pollination Plan DPI)

WHY IS THAT I ASK, AND SO SHOULD YOU.

May we all come together in critical thinking and respectful exchange.

Please BEE AWARE

Lots of love to all ♥

Stef.



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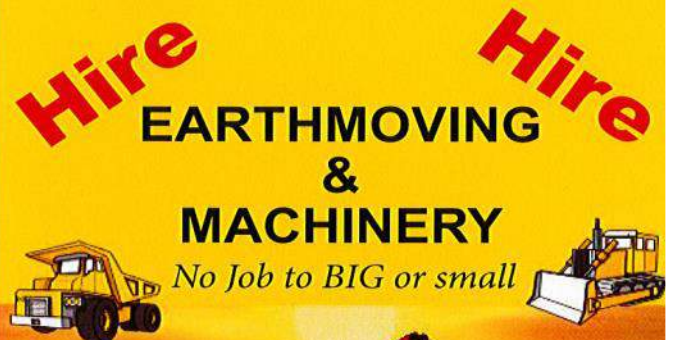
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*The guys at the golf course asked me to name an actress I
would like to be stuck in an elevator with.*

I told them the one who knows how to fix elevators.

I'm old, I'm tired, and I have to pee a lot.



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NABIAAC VILLAGE FUTURES GROUP

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

Next Meeting Wednesday 7th June at 6pm at the Neighbourhood Centre.

All members of our community are
welcome to attend.

Louise Collins, Secretary nabiacvillagefuturesgroup@gmail.com



NVFG
WORKING TOGETHER
FOR OUR VILLAGE'S
FUTURE

NVFG Next Meeting:
Wednesday 7th June,
6pm at the
Neighbourhood Centre



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SNIPPETS FROM COUNCIL

Road Works and Bridges



Council is replacing the 80-year-old **Limeburners** Creek Bridge on The Bucketts Way, Limeburners Creek in late May.

The project is part of Council's focus on improving infrastructure across the region and is part of Stage 2 of The Bucketts Way Upgrade Project. This important safety upgrade is expected to be complete in November, weather permitting.

Road users are asked to observe reduced speed limits and traffic control measures in place during the work. The road will be reduced to one lane during construction. Please expect minor delays and allow for extra travel time.

Roundabout construction on Lake Street, Forster

Starting on Wednesday 31st May, MidCoast Council is constructing a new roundabout on Lake Street Forster to improve traffic flow.

The roundabout will be constructed on Lake Street between West and MacIntosh Streets.

Work will start on Wednesday 31st May, weather permitting, with an expected completion date of 30th September, 2023.

Residents are cautioned that during construction, there will be lane closures with traffic control measures in place and reduced speed limits

Work on roundabouts in Taree Centre

The intersections of Manning and Wynter Streets and High and Pulteney Streets, Taree will both be partially closed for minor kerb repair work on Saturday 3rd June, from 6am to 4pm.

Council contractors are scheduled to begin work at the intersection of High and Pulteney Streets on Saturday 3rd June at 6am. Lanes on the corner of the roundabout closest to Manning Base Hospital will be closed for approximately four hours, with detours in place.

Work on the intersection of Wynter and Manning Streets requires the closure of all lanes entering and exiting the roundabout at both northern corners. This means Manning Street will be closed between High Street and Wynter Street. It will not be possible to cross the roundabout eastbound on Wynter Street.

Traffic control will be in place. Road users can expect minor delays and detours during works.

MidCoast Council is working directly with affected businesses and residents to reduce the impact of these works.

This essential kerb work needs to be completed prior to scheduled night works taking place on the roundabouts between Monday 5th June and Tuesday 13th June.

Upgrade for The Lakes Way, Rainbow Flat

An upgrade of the road on the intersection of The Lakes Way and Chelmsbook Drive will start late May.

Roadworks to improve the road surface will take approximately four months, weather permitting.

“The reconstruction of the road will provide a safer and smoother road surface for motorists,” said MidCoast Council's Executive Manager Transport and Engineering, Peter Gesling.

Traffic control will be in place during the upgrades. Please allow extra time for travelling.

New exhibitions at the Gallery

Manning Regional Art Gallery presents two new exhibitions from Thursday 18th May.

‘Flux’ is an exhibition of paintings by **Laura Matthews** featuring lively brush strokes and strident colours. Her works examine the fragile relationship between an individual and the natural environment. The artist notes that in moments of transition, often uncomfortable interactions occur between states and worlds. A waterfall is a recurring motif in her works that symbolises perpetual motion, life and renewal. This is juxtaposed with human figures which are finite and vulnerable. The narrative nature of these works hints at our fragile relationship with the natural world, with which we are often in conflict.

Laura trained at the Slade School of Fine Art in London and was a winner of the Manning Regional Art Gallery's Naked & Nude Art Prize in 2019. She has been a finalist in the Moran Portrait Prize, Portia Geach Portrait Prize and had a solo exhibition in London in 2020.

Gallery staff are also excited to host an exhibition of the original drawings from **Stephen Michael King's** recent book ‘Koala Ark’.

The 2019 and 2020 bushfires affected local communities and the natural environment. Stephen's book explores the impact of the fires on our local wildlife. In *Koala Ark*, Stephen makes the vulnerable koala the hero. This character reflects the artist's observations of the people around him during this time, sitting beside the tragedy and heartache of the fires, he witnessed bravery and humanity.

Both exhibitions will show until Saturday 1st July. Opening hours are Tuesday to Saturday from 10am to 4pm.

*****88

Claim a discount on compost bins

Celebrate International Compost Awareness Week 7 to 13 May by starting your own compost at home.

“Composting is good for the environment because it reduces the amount of organic matter that ends up in landfill,” said MidCoast Council's Waste Manager, David Rees.

“Food and garden scraps that end up in landfill contribute to greenhouse gas emissions through the production of methane gas.

“Composting is an easy way that we can all make a difference to better help the environment.”

Composting your food and garden scraps at home can also improve the quality of your soil, save you money on expensive fertilisers and make your kitchen bin smell fresher.

All types of organic waste can go into your compost. This includes fruit and vegetable scraps, coffee grounds, eggshells, lawn clippings, and garden materials.

MidCoast Council has joined the ‘Compost Revolution’ to provide you with discounts on compost bins, worm farms and Bokashi bins. You can also complete free tutorials about compost.

Compost can go onto garden beds and lawns to help produce better crops and flowers. Join the social media trend of gifting loved ones harvest baskets from your own gardens.

If you don't have a garden, you can contribute to a community garden compost hub. You can also join ShareWaste: <https://sharewaste.com/>

*I checked this on the web and the offer of a discount is still available.
Ed*

Would you like to learn how to feel great and function better, naturally?

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Email julie@fourwindsreiki.com.au
or visit www.FourWindsReiki.com.au

Lyn's Larder

BRAISED PORK CHOPS WITH BEANS

(OLD READERS DIGEST COOK BOOK)

INGREDIENTS

- 1 tbsp Vegetable or Olive Oil
- 4 Thick centre cut Pork rib chops (about 250g each)
- 1 lge Onion, finely chopped
- 4 med Carrots, peeled and thinly sliced
- 2 clv Garlic, finely chopped
- 1 can Tomatoes with their juice, chopped (425g)
- 2 tbsp Brown sugar
- ½ tsp Orange rind, grated
- 1 tsp Salt
- Pinch Black Pepper
- 300g Frozen broad beans, partially thawed out, but not drained

METHOD

1. Heat the oil in a deep frying pan over moderate heat for 1 minute. Add the pork chops and brown for 5 minutes per side. Transfer them to a plate.
 2. Skim all but 2 tablespoons of the dipping from the pan. Add the onion and sauté over moderate heat, stirring occasionally, until soft - 5 minutes. Stir in the carrots and garlic and sauté for 5 minutes more. Add the tomatoes, sugar orange rind, salt and pepper and bring to a simmer. Cover, reduce the heat to low, and simmer for 10 minutes.
 3. Stir in the beans, then return the pork chops to the pan, pushing them down into the liquid. Simmer, uncovered until the pork is tender and no longer pink on the inside - about 20 minutes.
- (you can substitute 300g of frozen green beans for the broad beans if desired.)

Serve with mashed potato and or sweet potato and peas if using broad beans.

Husband walks into Ann Summers to purchase some see-through lingerie for his wife.

He is shown several possibilities that range from £50 to £150 in price, the more see-through, the higher the price.

He opts for the sheerest item, pays the £150 and takes the lingerie home.

He presents it to his wife and asks her to go upstairs, put it on and model it for him.

Upstairs, the wife thinks, "I have an idea. It's so see-through that it might as well be nothing. I'll not put it on, do the modelling naked and return it tomorrow and get a £150 refund for myself".

So she appears naked at the top of the stairs and strikes a pose.

The husband says, "Bloody Hell, it wasn't that creased in the shop"!!

His funeral is this Thursday.

STEVE MERRICK
FAMILY SWIMMING POOLS

0412 686 180
Lic No. 178556C

FREE MEASURE & QUOTE

Nominate a young person for a Youth Award



Nominations for the 2023 Youth Awards are open, with MidCoast residents encouraged to nominate a young person **before Sunday 25th June.**

"There are many young people making a positive contribution to the MidCoast community," said Manager Libraries and Community Services, Alex Mills.

"MidCoast Youth Awards give us an opportunity to recognise these young people and acknowledge the contribution of our young leaders in the community."

The award includes a certificate, \$250 prize, and recognition that can help underpin future career ambitions.

Open to anyone aged 12-24 living, working or studying in the Mid-Coast local government area, the awards recognise achievements in the arts, community service, leadership, sports, wellbeing and resilience, and entrepreneurship.

All categories except entrepreneurship are split into two age groups, 12-17 years and 18-24 years. The entrepreneurship award is open to young people aged 18-24.

The MidCoast Youth Awards is a partnership between Taree PCYC and MidCoast Council, LJ Hooker Taree, and Grow A Star.

"The support of the PCYC, LJ Hooker Taree and Grow A Star makes these awards possible, along with the sponsorship of several local businesses," added Mr Mills.

Each category is sponsored by a local service, group or organisation, including: MidCoast Council (Sports); LJ Hooker Taree (entrepreneurship); Grow A Star (Wellbeing and Resilience); Rotary (Leadership); Friends of the Manning Regional Art Gallery (the arts).

Anyone can nominate a young person for a youth award. Nominations are assessed by a panel with a short list of nominees invited to the awards ceremony in September where the winners will be announced.

For more information, go to www.midcoast.nsw.gov.au/youthawards.

BERT EVANS APPRENTICE SCHOLARSHIPS



Member for Myall Lakes, Tanya Thompson has announced that applications are now open for the Bert Evans Apprentice Scholarships and encourages all hard-working apprentices to apply.

The scholarships support apprentices who are experiencing financial or personal hardship, demonstrate a high aptitude for vocational education and are committed to completing on and off the job training.

Mrs Thompson said a total of 751 scholarships have been awarded to outstanding apprentices in NSW since 2014.

"An apprenticeship is a great way to kick-start a career, and apprentices are vital to our State's growth, but we also understand it's not always easy to complete a qualification," Tanya Thompson said.

Shadow Minister for Skills, TAFE and Tertiary Education Justin Clancy said apprentices were vital to driving NSW forward.

"We want to back our apprentices by giving them a helping hand to complete their training and gain a qualification so they can make a strong contribution in their jobs and in the lives of their families and communities," Mr Clancy said.

"Across the state, many industries are experiencing vacancies, so this scholarship could not have come at a better time."

The scholarship program is named in honour of the late Bert Evans AO, a passionate advocate of vocational education for more than 30 years.

For more information and to lodge an application, visit [this link](#) or phone 13 28 11 to contact your local Training Services NSW Office.

What I Want In A Man!

Original List: age (20 something)

1. Handsome
2. Charming
3. Financially successful
4. A caring listener
5. Witty
6. In good shape
7. Dresses with style
8. Appreciates finer things
9. Full of thoughtful surprises

What I Want in a Man, Revised List (age 32)

1. Nice looking
2. Opens car doors, holds chairs
3. Has enough money for a nice dinner
4. Listens more than talks
5. Laughs at my jokes
6. Carries bags of groceries with ease
7. Owns at least one tie
8. Appreciates a good home-cooked meal
9. Remembers birthdays and anniversaries

What I Want in a Man, Revised List (age 42)

1. Not too ugly
2. Doesn't drive off until I'm in the car
3. Works steady - splurges on dinner out occasionally
4. Nods head when I'm talking
5. Usually remembers punch lines of jokes
6. Is in good enough shape to rearrange the furniture
7. Wears a shirt that covers his stomach
8. Knows not to buy champagne with screw-top lids
9. Remembers to put the toilet seat down
10. Shaves most weekends

What I Want in a Man, Revised List (age 52)

1. Keeps hair in nose and ears trimmed
2. Doesn't belch or scratch in public
3. Can tow a Caravan
4. Can cook a BBQ
5. Doesn't re-tell the same joke too many times
6. Appreciates a good TV dinner
7. Helps with the housework

What I Want in a Man, Revised List (age 62)

1. Doesn't scare small children
2. Remembers where I have put things
3. Can still tow a van without causing chaos on the road
4. Only snores lightly when asleep
5. Remembers why he's laughing
6. Is in good enough shape to stand up by himself
7. Usually wears some clothes
8. Doesn't notice my facial hair and wrinkles
9. Remembers where he left his teeth
10. Stops trying to tell jokes

What I Want in a Man, Revised List (age 72)

1. Breathing.
2. Doesn't miss the toilet
3. Remembers where we both live.

After being married for 44 years, I took a careful look at my wife one day and said, "Honey, 44 years ago we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep every night with a hot 25-year-old gal.

Now I have a \$500,000.00 home, a \$45,000.00 car, nice big bed and plasma screen tv, but I'm sleeping with a 65-year-old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a hot 25-year-old gal, and she would make sure that I would once again be living in cheap apartment, driving a cheap car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't older women great? They really know how to solve your mid-life crisis!



MIDCOAST
council

Keep an eye out for this native animal The Brown Antechinus



With winter upon us MidCoast Council Senior Ecologist, Mat Bell is urging residents not to mistake a native animal for the pesky introduced house mouse that may have entered homes looking for warmth.

Although the Brown Antechinus looks much like the introduced pest – the house mouse, it is actually a native animal that has a number of characteristics that make

it our friend rather than a foe.

"Unlike mice, this species is carnivorous and feeds on insects, spiders and centipedes," Mr Bell said.

"It has been recorded eating small reptiles and other mammals, including the introduced, and troublesome house mouse.

"Brown Antechinus more commonly enter homes at the onset or during winter, where they seek warmth, shelter and additional food resources. So, it's important to know the difference between the native marsupial and mice."

Mr Bell said before jumping the gun and setting traps if you think your home is being invaded by mice it is important to double check it's not our native, pest controlling friend.

"The quickest way to tell the difference between an antechinus and a house mouse is to look at the head," he explained.

"The Antechinus has a pointier, long, narrow snout, whereas the house mouse has a blunt face and round nose.

"While mice and rats create a musky smell, Antechinus have no lingering odour."

The species usually nests individually or in groups, in tree hollows, rock crevices and fallen logs.

Mr Bell said patience and tolerance was best when it came to dealing with the Antechinus and to co-exist where possible.

"It is very important to not deploy lethal traps for the Brown Antechinus," he said.

"If you cannot tolerate the noise and the droppings, the best approach is to borrow a live trap (such as an Elliott trap).

"These traps safely contain the Antechinus for relocation into a suitable natural area nearby.

"Please make sure that the release area has lots of trees with hollows, logs and other cover.

"You can also put up a nest box as an alternative place to shelter.

"Brown Antechinus require a vertically long nest box with a small entrance hole, so other animals can't climb in."

The species is well known for its breeding strategy which involves all males dying at about 11 months of age after a short, but intense, breeding cycle. They die of stress, exhaustion and predation associated with reckless behaviour.

Females give birth to tiny fur-less young, which attach to teats in an open pouch on their belly.

I have had one make a nest in a cupboard. Ate my wool, somehow brought leave and bits inside to make the nest in the wool in a plastic bag in a cupboard near the chimney flue - upstairs!

The easiest way to tell the difference is their droppings. They have wet, slightly sloppy All Bran wiggle shaped droppings instead of the hard rice shaped mouse type of droppings. Stains, and sticks to everything. Look gorgeous like a little fat pear shaped mouse. Ed.

Kids Are Quick

TEACHER: Maria, go to the map and find North America

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.



FARMGATE SUPPORT PROGRAM

The Farmgate Support Program provides **free** emotional and mental health support to people living and working in rural & remote communities throughout the Hunter New England Local Health District.

We Travel To You
Visits can be arranged on your farm, home or business OR any other place of convenience like your favourite coffee shop.

Who Can Get Help
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Local Businesses
Contract/seasonal workers

0477 322 851

Email HNELHD-FarmgateSupport@health.nsw.gov.au
Monday to Friday 8.00am – 4.30pm



If you or someone else needs immediate help – call 000

Additional Support Services

Life Line – 13 11 14
24/7 confidential crisis support

NSW Mental Health Line – 1800 011 511
24/7 telephone assessment & referral

Beyond Blue 1300 224 636
www.beyondblue.org.au
24/7 mental health counselling, support and referral

Alcohol & Drug Information Service
1800 250 015 (24/7)
Information, support referral & counselling on drugs and alcohol

Kids Helpline (24hrs) 1800 55 1800
www.kidshelpline.com.au
Young people 5-25 years old

Suicide Call Back Service 1300 659 467
www.suicidecallbackservice.org.au
24/7 telephone support & counselling for anyone affected by suicide

Men's Helpline 1300 789 978
www.mensline.org.au
24/7 information & referral service for men with family and relationship concerns



Health
Hunter New England
Local Health District

Pharmaceutical Advice

I don't understand why prescription medicine is allowed to advertise on TV or why anyone would think of trying one of the medicines after listening to the laundry list of warnings of possible side effects. But this is definitely an exception

*Do you have feelings of inadequacy?
Do you suffer from shyness?
Do you wish you were a better conversationalist?
Do you sometimes wish you were more assertive?
Do you sometimes feel stressed?*

If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you'll overcome obstacles that prevent you from living the life you want. Shyness and awkwardness will be a thing of the past. You will discover talents you never knew you had.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it, but women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side Effects May Include:

Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night Strip Poker, Truth or Dare, and Naked Twister.

Warnings:

The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.


The consumption of Cabernet Sauvignon may cause you to tell your friends repeatedly that you love them.

The consumption of Cabernet Sauvignon may cause you to think you can sing.

The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster, and better looking than most people.

Chardonnay, Sauvignon Blanc, Pinot Grigio, Tequila, Scotch, Vodka or Bourbon, and of course Beer, may be substituted for Cabernet Sauvignon, with similar results.

Please feel free to share this important information.

LIFE IS A CABERNET 

Manning and Taree Carers Support Group

Carers are family and friends who support someone living with a physical disability, a medical condition, mental ill health or age related condition.

The Carers Support Group meet weekly to provide support, information and social contact in a confidential group setting.

Carers often feel alone in their situation and feel relief when they are not alone.

When: Every Thursday

Time: 10-1pm

Where: 144 Commerce Street Taree 2430

Cost: no charge

Come along when you can and leave when you need to. All welcome, age and reason for caring are no barriers.





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Ray Grahan on **0432 767 265**
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Good Medicine

Names

Names are important aren't they ... without a name how could we be identified? Sometimes our names become part of our personality. There's a theory that if you call a child after someone they may turn out like them ... positive or negative ... but not necessarily true. Sometimes we don't like our names ... eg. my first name which was my mother's only name, and some of my daughters who were called after relatives.... but that might change over time. And often people are known only by their Christian name or a nickname. Once I read about a child who was called No-Name.

Some years ago, as a weekly volunteer at school, I came to realise the importance of names when teaching identical twins whom I couldn't tell apart. If you don't address someone by name it is hard to form a relationship with them, but one day I noticed one's drink bottle in her hand with her name on it... and was able to say 'hello (eg) Mary' ... her face lit up.

Another school activity was writing the meaning of the children's names on a card for them. Of course some name meanings required creativity (eg Ebony) such as finding positive descriptions using the separate letters, eg. enrich, noble.

In the Bible God has many names, some familiar to us and others less so. Some names and meanings are:

Jehovah - Our Father
Elohim - Creator
Jehovah Jireh - provider
Jehovah Shalom - peace
Adonai - Master

When Moses asked God the question 'what is your name' God replied 'I AM THAT I AM'.

Have you ever had to say to someone 'Sorry I've just forgotten your name'? I have ... rather embarrassing.

Isn't it great to know that though **we** can forget a name, God never forgets **our** name. He has it engraved on His hand, *Isaiah 49:16*.

God used the prophet Isaiah to tell the Israelites that, even through captivity and time in the wilderness, God saw them ... they were not strangers but belonged to Him. Even if they felt abandoned, they were precious and His love was with them. He knew them 'by name', *Isaiah 43*.

'God knows each of His children's names - and that's good news, especially as we pass through the sometimes difficult waters of life'.

If you are going through trying times remember you are precious to God and He remembers your name.

quotes from ourdailybread.org.au

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

June Mass times are Saturday 3rd at 6:00pm, Saturday 10th at 6:00pm
Saturday 24th at 6:00pm
July Mass Saturday 1st 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

June Mass time is Saturday 17th at 6:00pm
**** Note: Mass has changed from the 4th weekend to the 3rd.****



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Barb's

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Belinda available Monday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

"If you change the way you look at things, the
things you look at change"

"Belinda, Barb & Jess" ❤️

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

Vale

Sheila Marjorie Allan (nee Wright)

Sheila passed away peacefully on Sunday 21st May, 2023.

She was the much loved daughter of the late Leland and Annie
Wright of Wrights Lane, Dyers Crossing.

The granddaughter of Sidney Garden Wright and the great grand-
daughter of John Wright, both of Tuncurry and Avalon (Krambach)

Sheila was educated at the little school at Dyers and went onto
Nabiac Central School to do her Intermediate. She was then
employed in the office of the Butter Factory at Dyers Crossing and
from there went onto Newcastle to be employed as a bookkeeper at
the Newcastle Herald.

Sheila married William "Snow" Allen and they had a family of four
children:- Leanne, Russell, Robert and Warwick.

Sheila was the sister of Leland "Blue" (Dec), Lola Rodney (Dec) and
Rosalind, Elvira (Dec), Rowan and Wendy (Dec), Wilfred (Dec), and
Judy, Clint and Val.

She will be sadly missed by her children, grandchildren and great
grandchildren and her brothers and their wives.

Dry Seasoned Fire Wood For Sale

Trailer Load - Pick up - \$110.00
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Dyers Crossing area

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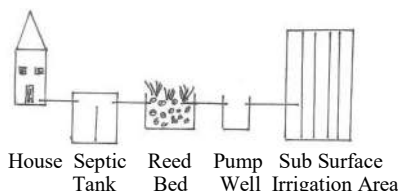
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- * Easy Maintenance
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2020, 2022 & 2023 PRIZE WINNING GIANT ELEPHANT GARLIC FOR SALE

Organically grown at Dyers Crossing, our garlic is
delicious roasted/baked, in stir fries, or as aioli.



Can keep up to 10 months

Only \$27 per kilo.

Can collect from farm or be
posted.

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