

and it's FREE, too!

ACROSS THE FENCE

REMEMBRANCE

DAY

on the 11th of the 11th @ 11am



LEST WE FORGET

take the time to bow your heads and remember all of the fallen, injured and serving men and women who have defended our country and us in wars during the last century and who are still out there defending us.


News from the Wallamba Watershed is a  FROG BOTTOM PRODUCTIONS



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Editorial.

Hi all,

Apologies for any errors. I have managed to get a head cold from all this changing weather and might not have picked up all of them.

Wasn't the rain beautiful. Settled the dust, washed the trees so they look lovely and green and sparked off growth in the grass. Now we just need a bit more to follow up as the winds are still sucking all the moisture from the ground.

Happy birthday wishes to Nick & Sam on completing a year of many changes in the OLD BANK BUILDING, with, apparently, lots more changes to come.

Krambach Hall is having another Country Music Day at the end of the month. As they are now holding them quarterly, they must be well liked and attended. They are trying to raise money for the Krambach Hall, so why not go along and enjoy the day and help out?

Diane Willey has produced another one of her fabulous, locally themed calendars, just in time for Christmas presents. Beautifully done with white borders this year, so the monthly photos can be framed up nicely and put on display at the end of the year.

We are missing the Nabiac Village Futures Group and the Neighbourhood Centre articles as Louise is indisposed for a while. My well wishes to her for a speedy recovery.

It is Remembrance Day on the 11th. A time for us all to think of the brave souls who have given their lives protecting us during the numerous wars Australia has been involved in and those who continue to do so.

It's hard to think Christmas is around the corner; where has the year gone to? As a kid it took forever between birthdays and Christmas, now I feel it was just last week. Getting older seems to make time vanish. I don't feel any different until I look in the mirror or go to do something a bit extra physical and the body says "in your dreams".

Remember if you have anything to tell people about that is happening in January, get it to me for December's issue, just warning you, as there is NO January issue.

The Nabiac School had a fantastic result with their "Jump Rope for Heart" day raising a whopping \$4,226.00. Great effort, congratulation to all the kids who participated on the day. Well done all!

Hopefully the weather will remain as is. We are a truly diverse land and the fires have already started. Fingers crossed they don't get out of hand like the last ones did.

Deb must still be without her internet as her gardening article is also missing. Hope her renovations are nearing completion.

Until next month, stay safe, be happy

Lyn & Timidthy



WHAT'S HAPPENING IN November, 2023 Markets & Events.

• Bulahdelah	(1st Sat)	4 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	5 th	8am to 12 noon
• John's River Country	(2nd Sat)	11 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	4 th	8am to 12 noon
• Myall Quays	(3rd Sat)	18 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	18 th	8am to 12 noon
• Krambach	(3rd Sun)	19 th	8:30am to 1pm
• NABIAC	(Last Sat)	28 th	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	26 th	9am to 1pm
• Forster Town	(2nd Sun)	12 th	8am to 2pm
• Halliday's Point	(1st Sun)	5 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	25 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	18 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	25 th	8am to 1pm
• Burrell Creek	(2nd Sun)	12 th	9am to 12.30pm
• Gloucester	(2nd Sat)	11 th	8am to 12 noon
• Wingham Markets—showgrounds			

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

Phone Lyn on 02 6559 1811 Email: paulreid@iprimus.com.au
Production: Lyn Reid
Contributions To: The Editor, Across The Fence, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone WHEN you have left articles there to be collected**
Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.
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Nabiac Landcare

We've had rain!!! The first decent fall since April on my patch of dust. Now we're waiting for the weeds to wake up...pessimists that we are.

The Nabiac Landcare team is currently working at both Lilypilly Bend and the Bullock Wharf. At the Bullock Wharf we are continuing follow-up weeding. Primary weed control started on this site in 1994 and after a few hiccups this site is looking good in spite of the drought. Most of the weeds that we encounter now are brought onto the site by birds and the wind from surrounding areas.

We did find yet another patch of the **green spider plant** (*Chlorophytum comosum*). Most gardeners and lovers of house plants are familiar with the variegated version of this strappy grass like plant.



It looks good in a hanging basket and can survive with minimal soil and water thanks to roots that act as water storage. Butttt.... those cute little 'spiders' that it sends out on flowering stalks are instant plants as soon as they hit the ground! In the case of the green variety the plant also sets seeds that can escape even if the plant is in a pot or basket. Where did it come from? In most cases in our

area....dumped garden waste! Why worry? If allowed to proliferate spider plant forms a dense ground cover that hordes available water for itself and out competes natives or other more desirable garden plants. Nothing seems to eat it! We have tried spraying dense infestations of spider plant with glyphosate and that was reasonably successful and follow up meant the removal of 1000's of seedlings...it was a big old patch. Hand removal is preferable. Some sources recommend removing and bagging all plant parts for disposal. It is possible to remove a lot less but you need to understand a bit of plant structure. Call me if you're interested in learning.

The weeds showing their pretty flowers on the roadsides and in fence lines at the moment are old enemies.

Yellow Bells (*Tecoma stans*) ➤ and small leaf privet (*Ligustrum sinense*). If at all possible control before they set seed. See [NSW WeedWise](#) if you're aren't familiar with these weeds and their control methods.

(Pictures off the web)

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



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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!

If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on **65543196**.

Liz Rees

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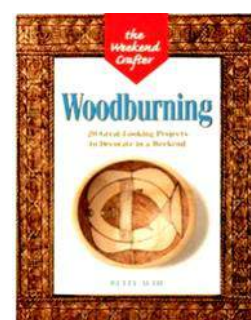
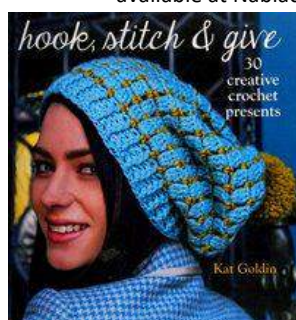
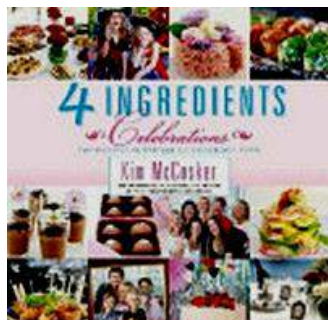


Between the Pages

Nabiac Library News



Almost Christmas!!! How about making the perfect gift? We have lots of cooking, art & craft books to help and if you start now your presents will be ready by Christmas!! Here are some ideas already available at Nabiac Library.



Or check the catalogue and reserve books, magazines, DVDs from any of our other branches. Here's just a few of the variety of gifts and hobbies you could experience.

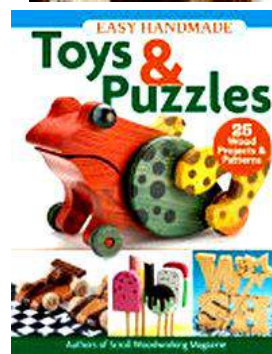


NOVEMBER EVENTS

Tech Savvy Seniors One-on-One Session
Nabiac Library Tuesday, 25th November 3-5pm

Tailored to your individual needs, will help you gain confidence and navigate the jargon of new technology. Understanding your device is the priority. It's a free workshop. Bookings essential. Phone your library or book online

library.events@midcoast.nsw.gov.au



TRY THE NEW SEED LIBRARY

How to Harvest Seeds!

The most important seed saving rule is to save the best plants for their seeds. It's important to only save seed from non-hybrid plants, commonly referred to as heritage, old-fashioned or open pollinated plants. They are the plants most likely to produce offspring—in the form of seed—that closely resembles their parents.

Most seeds, such as from lettuce or peas, are called 'dry' seeds. To save them it's simply a case of removing them from their seed capsules and storing them somewhere cool and dry.

When it comes to 'fleshy' seeds however, such as tomatoes, there are two ways of saving seed.



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A traditional method is to soak the pulp in water overnight to allow it to ferment. This removes the natural germination inhibitors and, after washing and straining through a sieve, the seed can be dried and stored.

Another method (for tomatoes) is to slice the tomatoes, squeeze the pulp directly onto paper towelling to dry out. When ready to sow the seed, cut off a piece with four to six seeds on it and sow them in a pot. The library also has books on this.

Need help with your family history? Volunteer assistance available from Family History Advisory Group at Forster Library Tuesdays and Thursdays 10am-12pm, Wednesdays and Fridays 2-4pm or volunteers from the Manning Wallamba Family History Society will help Mondays to Saturdays 10am-1pm.

Nabiac Library had a very informative 'Re-Imagine Waste' Workshop presented by *Annette James* on Thursday 19th October where we learnt many interesting things to improve our home recycling, just what is free to recycle at the local recycling plant. It was time well spent. We received goodies and handouts to get us started.

That's it for this month. Looking forward to seeing your smiling faces at our wonderful Nabiac Library. See you soon!!



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**Introducing Lifeblood's newest Ambassador,
Olympian and plasma recipient, Michael Klim**



Lifeblood's newest ambassador, Olympic swimmer Michael Klim is helping Lifeblood highlight the ongoing need for life-saving plasma. In fact, every day, over 1,000 people in Australia need donated plasma or medicine made from it.

"I never thought my body would let me down," says Michael. "Until it did."

In 2020 Michael was diagnosed with chronic

inflammatory demyelinating polyneuropathy, or CIDP, a rare autoimmune condition, which caused muscle wasting in his legs. Now, as often as every six weeks, Michael needs infusions of medicine made from donated plasma, (which can be donated by itself or as part of a blood donation) to stay well. Each time, he receives medicine made from up to 6 plasma donations or 32 blood donations.

Lifeblood needs to collect over 1.5 million donations — including around 860,000 plasma donations — each year. That's a lot of plasma!

Got Any Questions?

Our website has a great FAQ section plus you can check if you are eligible to donate at www.lifeblood.com.au. Or you can call **13 14 95** with any questions or download the Donate Blood app. Let's see just how much impact we can have.



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MINIMBAH MATTERS



Minimbah Rural Fire Brigade is appreciating a dust free environment at the moment, and we suspect most others in our District are showing the same appreciation. It's all about the rain. Oh, what a beautiful morning – it's raining! Life does not go on without water. Big trees that have survived many droughts, storms and floods, are now throwing their leaves and branches down in disgust, and who could blame them?

“I think that I shall never see, a poem as lovely as a tree....”

With all the fires around our District, and around NSW for that matter, Fire Brigades have been very active. Locally there are a couple of fires that just refuse to be put out. Early in September a bush fire was reported near Riverlands Estate, Coolongolook. Crews have been patrolling and tackling that fire ever since. It is in peat country, and once the fire gets into the underground peat, nothing short of inches and inches of rain is going to stop it. Every afternoon when the winds spring up, the fire flares up and tries to take over again. The very well publicised fires at Nine Mile Beach and around the Tip area at Darawank are likewise stubborn and attention seeking.

Once again, water, or the lack of it, is another hurdle we need to deal with and overcome. There is only so much water that a fire truck can carry in a 1,000 litre or a 3,000 litre tank.

The big Pumpers are extremely important and helpful, but they aren't always available when needed. It's a priorities issue.

Dear Community,

Here is another chance for you to help the Firies help you and the rest of your community.

Those people who have dams, large water tanks or swimming pools, and are prepared to offer access to fire-fighting units in an emergency, whether you are home or not, **please register your Static Water Supply (SWS)**. We can supply you with an SWS sign to be placed at your front gate. You can write “dam, tank, pool” on the sign as added information which really assists with the “finding water challenge”. If we use your water, there is provision for you to claim to have it replaced. It may save not only your home, but someone else's too.

It seems funny writing about Fire Permits while listening to the rain on the roof, but

FIRE PERMIT REQUIRED



NSW RURAL FIRE SERVICE

you need fire permits now before you carry out any outdoor burning.

Currently, due to the conditions and number of large ferocious fires in our region that have engaged all Brigades at some time or another, and therefore leaving resources very stretched, **all Fire Permits have been suspended until further notice**. Obviously, it makes no sense to issue further permits if they can't be

enacted. But it won't always be like that, so please hold off with your request for a Permit until the suspension has been lifted.

Fire Permits are free and issued by your local Fire Permit Officer (FPO).

You can obtain the contact details of your local FPO by calling **NSW RFS Mid Coast Fire Control Centre on 1300 643 262**.

They are out to get you! Ticks, leeches, snakes etc. that is.

Watching out for them in our own backyards is often a challenge, but think about fighting a fire where all these critters want to take cover, and your body is the safest place for them to go. After all, if there is fire all around and you are standing there with water spraying out of a big hose, how inviting does that look? Needless to say, all fire fighters need to carry out a thorough “search and destroy” when they get home, because these little critters burrow in and get very comfortable, therefore making you very uncomfortable.

So, what do you do when you are “trapped indoors because it is raining” and you are aimlessly scrolling on your phone or iPad?

Here's a thought, and it's a thought that could save your life, your home and your livelihood.

Make yourself familiar with the **Hazards Near Me** app, or have a browse through **myfireplan.com.au**



Hazards Near Me NSW

During the Bush Fire Danger Period, the **Mid Coast Area Fire Danger Ratings (Fire Risk)**

are published on Facebook whenever they change. They come with some very handy and wise tips as well.

Check them out by following

NSW Rural Fire Service – Mid Coast District



MODERATE:

Plan and prepare

HIGH:

Be ready to act

EXTREME:


Take action now to protect life and property

CATASTROPHIC:

For your survival, leave bushfire risk areas

Report unattended fires to
Triple Zero (000)

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News from Muse

Well, October was very busy. *Leigh Hookers* exhibition was a big success, with Leigh selling 25% of her art. Then we resumed art classes with *Christine Onward* and her Acrylics class, followed by Leigh Hooker's Mixed Media Class.

November 4th is the last class for this year; it's an acrylics class with Christine Onward. With Christmas fast approaching and the current economy it has been decided that Inner Muse Art Academy would break early for Christmas. But don't despair, classes will resume at the end of January 2024 once the Christmas holidays are over and we've all recovered. So why not make your New Year's Resolution to learn a new skill and be more creative?

Which brings me nicely to my next item. As you know by now Muse has quickly become the 'go to' for gifts and cards as we have something for even the most difficult person to buy for. So what better gift for that person 'who has everything' than to buy them a credit for an Inner Muse Art Academy art class?

All the classes (with the exception of the Pastels Class) are \$115 and you can present the gift in a beautiful 'original work' card, of your choice for an extra \$7 (which look fab in a little frame!!).

Then all they need to do is book the class of their choice and it's already paid for. We even have a contingency if they decide they don't want to do a class, they can use their gift to purchase anything from Muse!!! In addition, they will be given first refusal on class places (as an alumni of the Academy) before it is marketed on Social Media.

We now have 65+ artists providing Muse with exquisite art and crafts, so if you haven't been in yet, drop in and check out what we have. It's like a 'one stop' Christmas present shop. We have original, hand-made gifts from \$10!!!! All created by local artists, keeping your hard-earned money in our local economy, without compromising on quality.

One of the best compliments I get here at Muse, is how we are comparable to Sydney and Melbourne art galleries, but so much more affordable!

I look forward to meeting you all and helping you solve your Christmas gift list problems.

Kind regards

Janice Vance

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Show News



A very busy month speaking with sponsors, the start of schedules being compiled, raffle donations confirmed, invitations to judges sent out and our contract with Dave Miller (KD Amusements) has now been signed, as well as the usual bits and pieces that need taking care of. The MCC have confirmed they will attend to the grounds the week before the show and already they have been down and cleaned the roofs and cleared the gutter between the Produce and Poultry sheds. The kitchen and dining room have now been completed and look fabulous. It will be more user friendly for the Ladies Auxiliary and they are now looking at putting back all the equipment that was removed so the renovations could take place.

Our next meeting on the 14th November will be busy. We will start the meeting promptly with *Colin Henderson*, who will talk about the sculpture for the showground. Colin spoke to the committee last month, then a request came through the October general meeting, for Colin to address the November general meeting. We then have *Jody Nelson-Gleeson* (Group 2 delegate to Agshows) who will do a Q & A on any questions pertaining to running of shows in NSW. Jody is a beacon of knowledge and she has said that if she gets asked a question and cannot give an answer on the night, she will find out and communicate any answers to the people concerned. The November general meeting will commence after our guests have finished their talks.

We have a request for paint. Preferably exterior but interior is welcome too. It doesn't matter if there are only small amounts left in the bottom of the tin/container but it must be useable. Any colours will be grateful accepted. Please ring me if we can help you get rid of some of your leftover paint.....**040 496 3779**.

If you are interested in having a trade stall or being a volunteer, please ring me and I can put you through to the people who will best be able to help you. If you are a business/interested party and are looking at sponsoring for the 9th March, 2024 show, please ring and we can see where you would like your involvement with the show to be. It is great when a community like the Wallamba District supports our one day show as it is a time to show off what is in the area and the more people we can attract to the show, also brings people into the surrounding areas as well as Nabitac.

If you have any questions please email: secretary_wdah@outlook.com or phone on: 040 496 3779

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WALLAMBA CWA REPORT

There was a pleasing attendance at the 59th Annual General Meeting of Wallamba CWA Branch which took place at Nabiac Community Village Church Hall with President *Margaret Weller* in the Chair, who welcomed those present.

Mrs *Vivienne Beaumont*, MNC CWA Group Vice President and Wallamba's mentor, who also is a member of Wingham CWA Branch, was our Guest for the AGM.

The meeting began with the usual formalities of Welcome to Country, National Anthem, CWA Motto and CWA prayer.

Minutes of the 48th AGM were read and confirmed by Secretary *Pam Muxlow* before the presentation of reports from President *Margaret*, Secretary *Pam* on the activities undertaken during the previous 12 months. These were then followed by the various Branch Officers beginning with Treasurer *Jenny* giving an overall picture of the financial position of the Branch. *Merle Barber*, our Handicraft officer, presented her report followed by International and Cultural Reports from Officer *Penny Britton*, followed by Cookery and Catering reports.

Unfortunately we didn't have an Agricultural & Environment Report as Officer *Coral* has tendered her resignation from the Branch due to personal reasons but we hope her health improves and we might be able to welcome her back at a later date.

Sadly we also had resignations tendered by members *Mary Webber* and *Kay Allenby* reducing our membership to 13.

After presentation of the reports the positions were declared vacant and *Vivienne* was invited to conduct the elections for 2023-2024. We had a few changes as follows;

Margaret Weller remains as *President*, *Vice President* is *Merle Barber*,

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Secretary is *Penny Britton*, Assistant Secretary and Publicity Officer *Pam Muxlow*, *Jenny Ang* was returned as Treasurer, new Handicraft Officer *Fay Anderson*, with *Merle Barber* as her assistant, International Officer has been filled by *Pam Muxlow*, with all members to be involved in the role of Cultural Officers. Cookery Officer has been taken on by *Jean Price* whilst Ag & Environment has been filled by *Beth Brewster* with assistant *Jill Hammond* with President *Margaret Weller* remaining as Catering Officer. Our Patron is **Norma Flood**.

The day of our meeting remains the same as 2nd Tuesday in the month except for January and the venue of the Nabiac Village Community Church Hall continues to be the same.

The general meeting followed and several invitations were discussed including upcoming Group and Council meeting to which it is hoped Wallamba CWA members are able to attend.

Members paused to remember the passing of locals- *Tom Paterson* of *Krambach*, *Les Wood* - husband of late member *Marie Wood*, *Greg Price*, *Pat Fern*, *Geoffrey Pettitt* and *Fred Wheeler* and extended sympathy to their families.

Officer *Penny* mentioned the various categories set for the Cultural competitions this year and also informed us of the topics for Ag & Environment which include Microbats, Fungi and the dreaded Red Fire Ants which are spreading in Qld and NSW.

Following the closure of the meeting members enjoyed a lovely bring share lunch and taste tested some lovely chocolate sponge cake from *Jean's* kitchen along with her apricot roll – yummy.

Next meeting will be held Tuesday 14th November commencing at 10.00am at the usual venue.

Pam Muxlow

Publicity Officer – Wallamba CWA Branch

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Follow us on facebook for specials and new stock.

The Old Bank Centre is celebrating 1 year since *Nick and Sam* took over and we would like to thank you all for your continued support over what has been an amazing, albeit, challenging year.

As many will be aware we have made some big changes to the store, with a new counter, fruit and veg displays and what you don't see - all the behind-the-scenes changes that have taken place. There are many more changes to come over the next year which include a full refit of the bottle shop including a new big walk-in cool room, a new alliance for the groceries and long awaited, new flooring.

We would like to celebrate our first year with all our loyal customers, so cut out The Old Bank Centre advert above and bring it in store to get 10%* off your purchase, plus if you spend \$50* or more in one transaction go in the draw to win a hamper worth over \$150*. **Terms and Conditions apply, see our Facebook page or ask instore for full terms and conditions.*

We appreciate that many of you don't get home from work until after 6pm, so we will now be open until **7pm** Monday to Friday and until **6pm** Saturday and Sunday.

Over the past year we have introduced a larger range of products and plan on introducing more, but we rely on the community to tell us what you need. If there is anything we don't stock that you would like us too, please let us know. Whether it's a type of bread or an exotic beer we will try our best to get it for you.

We look forward to seeing you in The Old Bank Centre soon.

Nabiac RSL Sub Branch Update

We have had a busy month, like the one before, with Sports & Recreation in the area. The NSW RSL programme coming to the competition end on the 3rd of September with the announcement of achieving sub-branches at the State congress to be held at Newcastle Entertainment Centre 22nd-23rd October and little Old Nabiac hopefully in with a chance of excelling in the participation segment of the program, so stay tuned.

We hosted events for Department of Veteran Affairs Health Week with this year's theme being Mental Health. Participants had the opportunity to be involved with sailing down at Port Stevens, conducted by the saltwater veteran, and woodworking with wood fire pizzas out at *Sunny's Place* in Coolongolook.

A Remembrance Day service will be held at Nabiac Memorial on the 11th November and we ask if those coming could be in place around the village memorial for a 10:40am service start.

Don't forget to keep an eye out for our monthly meetings that are held on a Saturday out front of the Nabiac takeaway Café, weather permitting.

All Welcome

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PRESS RELEASE

August 202

Harcourts Nabitac Real Estate: The Perfect Mix

Bake the world a better place. Nabitac Real Estate Director Graham Russell has been in real-estate for almost 15 years. When the chance arrived to combine with Harcourts, he didn't hesitate.

"Being a Baker/Pastry cook by trade, I know a thing or two about the perfect mix. It's all about using the best ingredients!"

Nabitac Real Estate is now Harcourts Nabitac Real Estate, a sure-to-rise recipe that brings the best of both worlds.

"Our friendly faces and local expertise remain the same, while we embrace a dynamic new brand that combines the power of a large international real estate group," remarks Mr Russell.

"By joining forces with Harcourts, we bring a world of real estate knowledge and expertise right to your doorstep. This international network provides us with access to cutting-edge technology, innovative marketing strategies, and a vast pool of potential buyers and sellers."

Harcourts Nabitac Real Estate's commitment to servicing the region's evolving demographics through next-generation property services is the fundamental reason for the change.

The partnership with Harcourts provides access to exclusive advertising systems that use data to target buyers, based on their own online real estate search patterns. The approach has revolutionised property services and overturns traditional techniques.

"After proudly servicing Nabitac and surrounds for over 25 Years we are thrilled to partner with a brand that embodies the characteristic spirit of our culture and its attitudes and aspirations."

"We love seeing our buyers settle into their new homes, and made a lot of close friends in the Nabitac area through these sales."

"In fact, our Motto is: 'Enter as strangers leave as friends.'"

"Nabitac Real Estate brand's transition to [Harcourts Nabitac Real Estate](#) represents an evolution of its property services, a response to changing market dynamics, a local success story, and reflects a history of consistent growth," explains Katrina Tarrant, CEO Harcourts NSW.

"I am absolutely thrilled to welcome Nabitac Real Estate into the Harcourts family. This rebranding represents not just a name change but a powerful alignment of values, commitment to excellence, and a shared vision for the future. As we join forces, we look forward to combining our expertise and passion to continue delivering exceptional real estate experiences to the Nabitac community and beyond."

The rebrand means new systems, and more advanced property services than competitors, while retaining and increasing direct community engagement through local knowledge, events, and local sponsorships.

"I have trained my staff to be stock and station experts as 80% of our stock is rural property giving us the upper hand on both, rural and residential sales and listing, handing our vendors and clients the best opportunity," continues Mr Russell.

"We love the rural lifestyle and the community. We are one of the main sponsors for the Nabitac Show, and due to my background as a Pastry cook, I judge the cake section of the show!"

Harcourts Nabitac Real Estate: history in the baking.

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andrew.latchford1957@gmail.com

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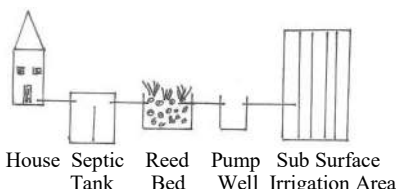
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NEWS FROM NABIATIC PUBLIC SCHOOL

Term 4 is already here and has been very busy so far.

We celebrated Grandfriend's Day on Friday 13th October where we were joined by our Grandparents, family and friends to enjoy a special assembly followed by a picnic lunch, yard games and classroom tours. Thank you to all those who attended this special day.

Our school has also taken part in Jump Rope for Heart again this year. Our students practiced their skipping skills and gathered donations. Altogether our school raised a very impressive amount of \$4,226.00. We would like to thank those students and families who contributed to this amazing amount.

On Monday, 23rd October, Nabiatic Public School staff, students and Loud Shirt Day in support of Deaf and Hard of Hearing children in the local community.

Everyone was encouraged to wear their loudest shirt, enjoy a sausage sizzle, colourful treats from the school canteen and participate in a range of learning activities raise awareness of the issues



in children.

Money raised from the profit organisation support for children and their Implants than any other service in

Thank you to Forster Woolworths for and bread, and the Nabiatic P&C who donated money raised through the sale of treats in the canteen.

associated with deafness

day was sent to the not-for-profit organisation NextSense, who provide vital families, and more Cochlear Australia.

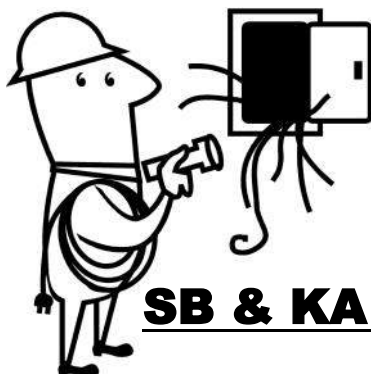
generously donating sausages

treats in the canteen.

Have a great month!!!

Jodie Neville

Nabiatic Public School



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News from Nabiac Second Chance Op Shop

Hello to ALL,

Christmas is fast approaching and all of our Christmas Trees and decorations have been put out for sale.

If you are looking for Christmas decorations or a tree and don't want to break the bank come in Monday to Saturday between 9.00am to 12.00pm and have a look through our selection of decorations.

We also have a large variety of Christmas t-shirts for \$2.00 and they can be found in both the Shop and Shed.

Just ask one of our friendly staff to point you in the right direction.

Dates to remember:

Our Christmas Party is on Friday 15th December 2023. The Op Shop will be closing early at 11.00am.

The Op Shop and Shed will be closing over the Christmas and New Year Holidays.

Last day will be Saturday 16th December, 2023 and opening in the New Year on Monday 8th January, 2024.

As previously requested, please save your donations over the holidays as there will not be anyone to sort through them until we return on the 8th January, 2024. We would most certainly appreciate your co-operation.

VOLUNTEERS NEEDED. Ladies and Men.

We have positions available in the Op Shop and Shed for more volunteers. We are in need of volunteers at the moment and need both Ladies and Men for Shop and Shed. The main days at the moment are Mondays, Fridays and Saturdays.

If you have a spare few hours during the week from 9.00am to 12.00 Monday to Saturday and would like to help raise funds for our great community and have a fun time doing so, call in to the Op Shop and leave your name and phone number with one of the ladies and Kathryn will contact you to organise a day and time to meet you or you can call Kathryn directly on 0414 836 414.

Shop:

Summer stock is available for Ladies, Men and Kids.

We have a variety of crockery, crystal and much more. Come in and have a browse, there just may be that special something you have been looking for. Lovely gifts for Christmas present for friends and family available

Shed:

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

The sale on DVD's and CD's is still available in the shed. 15 CD's or 15 DVD's for \$5.00. Come in and go through our large collection, you are sure to find that DVD you have been wanting to watch.

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

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



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for \$5.00.

A variety of plants and pots have been donated. Prices start from \$1.00.

You will be amazed by our quantity and quality of goods.

Come in and have a look at what we have waiting to go to its forever home.

Donations:

A big thank you for all the donations received during October.

A reminder we cannot accept or sell electrical and toys.

Please do not leave donation at front door.

Don't forget to bring your bags.

Kind Regards

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

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COMMUNITY CONVERSATIONS



COMING SOON TO NABIAC

We're heading back out across the MidCoast to provide you with an update on what we are delivering in your area.

We will also answer any questions you might have.

We look forward to sharing this update with you.



midcoast.nsw.gov.au/conversations



JOIN THE CONVERSATION

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

The next market is on Saturday 25th November 2023.

Market News:

The freshly renovated supper room and kitchen look fantastic. A huge shout out to *Rod Thomas* and crew, and council for ensuring that the hall was reopened ready for the October Market. Thank you.

October saw another successful market with perfect weather conditions for buying, selling and moseying around. The much-needed rain brought relief which washed over the whole community, however it did mean some stall-holder cancellations and lower visitor numbers.

The rain held off, and our highway signs gradually drew more people in. We plugged more photos around social media as the market unfolded during the morning, and the continued promo on local radio helped bring more people into the market.

New stalls and long term locals all enjoyed a lovely market day.



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What a cute present these hand-made toys would make. Check out *Irene's* craft at the next market



New stallholder, *Little Dara Farm* almost sold out of these delicious local toms.



See you all at the next Nabiac Farmers' Market ☺.

Locally produced

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

We regularly post info and updates on Instagram and Facebook. Follow us to stay in-the-know and please share our social media posts! Thank you to everyone in our community for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all. See you at the September market, Saturday 25th November 2023.

www.nabiac.com

nfmcoordinator@gmail.com

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




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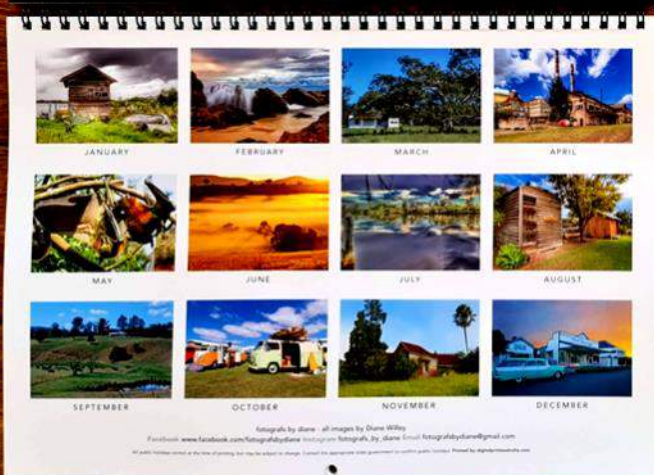
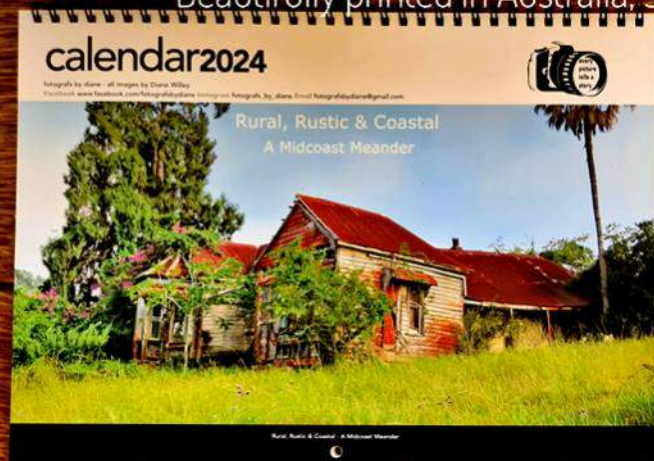
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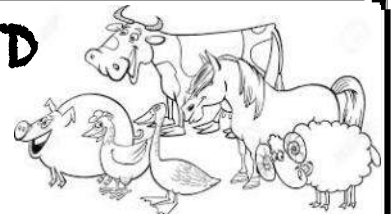
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The News:

I am happy to announce that the Healthy Eating Guide “Eat Well Be Well” which I wrote for My Pilates Time in New Zealand, has been launched on the My Pilates Time website: www.mypilatestime.com. The 4-step guide is \$15.00 (USD) Here is the link: <https://www.mypilatestime.com/Eat-Well-be-Well-2>. There are loads of healthy recipes in there too! Check out the My Pilates time website if you’re interested in gentle, online Pilates classes too.

Today it rained all day. What a huge relief, after around 5 months without rain. The paddocks are greening up and it’s time to rejuvenate the veggie patch! The first step has been to dig it over, add manure and compost and keep stirring as I water it. I love easy, quick growing herbs and greens.

I especially love rocket, rockette, or arugula. I keep a few growing in the kitchen herb garden near the back door too, ready to add to meals.

Rocket Fuel:



Rocket is literally magic, it’s healthy and delicious. This attractive, hardy leafy green certainly packs a punch when it comes to flavour and nutrients, antioxidants, and the special anti-cancerous compound sulforaphane. Rocket has high amounts of Vitamin A, for immune, growth and development and eye health. It also contains Vitamin K, which plays an important role in blood clotting.

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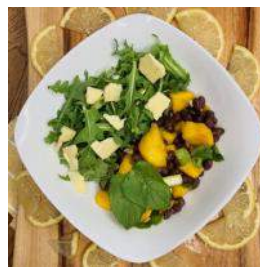
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Vitamins A & K (along with E and D) are all fat-soluble, so remember to consume some fat with your rocket meals.

Healthy fats include nuts, seeds, fish, Extra Virgin Olive oil, avocado, pasture-raised egg, meat, cheese, and coconut.

Rocket also contains some vitamin C, and contains minerals such as calcium, magnesium, and iron.

It is a rich source of antioxidants, which are key for tackling unwanted free radicals, (some free radicals are necessary, but an imbalance may cause cell damage and disease). Check out the blog on antioxidants on the website.



This cool brassica veggie is delicious, great in salads, or just as a side veg. There’s no chopping or cooking required! This humble green adds interest in spaghetti Bolognese, veggie dishes and pesto. It cooks down well, so you can add loads of it to warm dishes.

I love rocket added to bean salads.

Check out the website blog:

“Mango & black bean salad”.

Rocket is part of the Brassica, or Cruciferous family.

These group of veggies includes: Cauliflower, turnips, kohlrabi, radish, broccoli, cabbage, sprouts and bok choy. These foods contain a special compound when they are chewed or chopped. This happens when an enzyme causes glucosinolate to release sulforaphane, an anti-cancerous compound.

For some people there are implications for thyroid health with brassica veg, especially when iodine is unbalanced.

For most people these are nourishing vegetables, which keep your body’s cells healthy when consumed in a various, healthy diet.

Interestingly, rocket is a completely different food from baby spinach, parsley, or lettuce, which all have differing nutrients and are in different food families. It is a good idea to eat varying amounts of each of these, in a healthy balance with other food groups, including carbohydrates, fats and proteins. Choose some cooked and some raw. Enjoy.

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



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Krambach & District Garden Lovers News



Last Monday we went to the lovely garden of **Beth** in NabiAc. Although not a large garden, she had plenty to show. Beth grows vegetables plus herbs, shrubs and flowers. She also had dear little bush rose which seems to always be covered in flowers. It is a rose which seems easy to propagate and it has a lovely perfume

Beth has a little garden room with a small terrace in her backyard and you can sit there and admire your handiwork
Was so glad someone did another rain dance as I had 2½in in thirty six hours which makes such a difference
Next month will be our Christmas party.
Hasn't the year gone quickly??

Until next time, happy gardening

Judi 6559 1375

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



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REAL KULTCHA

I am not and never have been, a gambling man but I think I got it right in my last rant. Oh boy, I can see a couple of the lesser lights who read this drivell, starting to fossick around in that dark corner of the room trying to locate my last opus to check what I wrote. Don't bother, I'll tell you. In the rant I spoke of the Rugby World Cup and the fact *The Wallabies* (that's the Oz Rugby team) had not got off to a good start and it was all down hill from there. They were in deep do-do and unless other games went their way, they were out – won't make it to the Big Dance!!! How embarrassing? How disastrous? How the *beep beep beeping beep* did that happen?

Oh, if only I had the time and the space to give you the full picture of the debacle that is Oz Rugby now but I'm not sure I do know it all (or care) but I'll try and give you a brief summary and you can believe or not. Make yourselves comfortable.

All the pundits I've read say it all began a decade or more ago when it appears the boffins, who were in charge of Oz Rugby, were apparently asleep at the wheel. Their mantra was *Rugby is the game that's played in heaven!* and with a line like that, you can see them sitting in their offices with their feet up on the desk. The game is travelling well so let's not fiddle. And that's what they did. Around that period there was a coach named Eddie Jones - who could do no wrong - and all was right with the world. Then (for reasons that have never been explained) Eddie's team (*The Wallabies*) lost a few games. The boffins didn't like that, spat the dummy, fired him and Eddie went off to Japan (of all places) never to be heard of again. The boffins got a new coach (there's always a new coach) and sat back down again.

But things just never seemed to jell, no matter what the boffins did. *The Wallabies* just couldn't get over *The All Blacks* (that's the New Zealand Rugby team) and at times the scores in the Bledisloe Cup (that's a trophy played for between Australia and New Zealand) were embarrassing to the point where I've referred to this comp in this rant, as the annual *Texas Chainsaw Massacre*. Then the boffins appointed Michael Cheika as the new coach but while he looked good and the team won a few games, the boffins still weren't happy so in time, they fired him and he went off to South America and began to coach the *Argentine Pumas*. What a loser. And the boffins got another coach, Dave Rennie.

In the meantime Eddie Jones had been working his magic with the Japanese side and – would you believe it – in the 2015 Rugby World Cup saw them beat the South African *Springboks* in a second round match!!!

"That's not playing fair," you could hear the boffins squeal, "an Asian team beating an established Rugby country. What is the world coming

too?"

Before the boffins could blink however, Eddie was anointed the coach of the South African team *The Cape Town Stormers*. Then, while everybody was trying to process that move, he was shortly after announced as the coach of the England side! The man's gone from coaching Australia, to Japan, to South Africa and has now climbed the mountain to coach the England side. There can be no greater accolade given than to be the coach of England, where the game that is played in heaven was created.

You can see the boffins in a lather now. Could it be there was some confusion in the reading of the tea leaves regarding Eddie Jones all those years ago? They obviously hadn't made a mistake because people at their level never do – it's always someone lower down the food chain who does that. In any event they've got to get a team ready for the 2023 Rugby World Cup in France.

And then it happed! Eddie has hit a bit of a rough patch with the England side, lost some games. The Poms are not happy and they fire him.

Like a bunch of giddy teeny-boppers who've been offered some front row tickets to a Taylor Swift concert, the Rugby Australia boffins went their pants. This is unbelievable! This is a miracle! **This is our salvation!** We can now right a wrong (done by somebody else, of course). And so, with the speed of a thousand startled gazelles, the boffins fire Dave Rennie (though he's done nothing wrong, has his team jellifying and they all like him), sign Eddie up as the new(ish) *Wallabies* coach (to a contract worth a motsa) and resume their seats for they know they now have the Rugby World Cup in the bag.

'Cept they don't. *The Wallabies* don't even make it out of the pool round! Oh, and Eddie is supposed to have been talking to the Japanese Rugby boffins about his old job, though he denies it and would you believe it, that Loser, Michael Cheika, sees his team *The Pumas* make it into the quarter finals!!! Yeh alright, the team got wiped out last night by *The All Blacks* but they did better than us. Will heads roll in Rugby Oz? Probably not – they're gentlemen. Where's Dave Rennie? Does he want his old job back again?

Talk at you again next month,

The Hillside Critic



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Lyn's Larder

As the Wallamba (Nabiac) show is fast looming, how about a Jam recipe to practice on from an old Women's Weekly cook book that you could put in the middle of a sponge cake entry)

ANY BERRY JAM

INGREDIENTS

125g Blackberries
 125g Blueberries
 250g Raspberries
 500g Strawberries
 1/3 cup Lemon Juice
 4 cups White (granulated) sugar

METHOD

1. Stir all the ingredients in a large saucepan over a high heat, *without boiling*, until sugar dissolves; bring to the boil. Reduce heat; simmer, uncovered, without stirring, about 30 minutes or until the jam jells when tested
 2. Pour hot jam into hot, sterilised jars; seal immediately. Label and date jars when cold.
- (you can use any combination of berries you like that collectively weigh 1kg)



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Our Intrepid Grey Ghosts have been on the move again!

And so there we were, Gunnedah for the 16th bi annual 'Hi Wheeler' rally. The country is very dry and harvest has just begun here in northern NSW. Most would know that harvesting moves from Queensland south as the crops ripen, finishing in Victoria mid December.

23 entries from five states, including one from WA. For those not familiar with these vehicles they can be best described as a horseless carriage with an engine fitted. Only made in America probably between 1904- 1910 and were some of the first mass produced motor vehicles available to the public. Wooden wheels with the solid rubber tyres, chain drive with a rudimentary engine of mainly two cylinders. Sounds simple?, not so. There were multiple manufacturers at this time, all trying something new with the result every system is different and no spares interchangeable.

Away we go and an accident at the first stop when an impatient driver overtook a line of traffic and took out the leading car. Result? Driver in hospital with severe injuries, passenger ok but the old car not so much.



We have five days of touring about, doing about 80kms a day on various road conditions, some of which have changed since the event organisers set the course. This resulted in travelling 70 kms over some very sharp and rough gravel roads the first day with damage to vehicles and tyres and several bits falling off.

The crew from Nabiac consisted of Margaret & Brian Kelleher, Sue & Garry Turney & Margaret & Bruce

Weller. We took three of these vehicles, owned by the museum, on trailers with high expectations, not all of which were fulfilled. Gear box trouble on the International and a thrown tyre on the Sears, put two out, with the remaining Schatt one of the seven of the 23 starters still running at the end. Many onsite repairs were carried out but some vehicles require much more than that.

All considered, a great time away with good fellowship with like minded folks. We were very welcomed by Gunnedah who put up with our, at times, slow and wobbly progress. The next one is north western Victoria in 2025. Work is already underway..



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

Opening is limited to Tuesday & Friday mornings at the moment – starting from February 3rd

Now Covid regulations are over we need volunteers to open other mornings. Anyone interested please contact Sheila on 6554 3032

Customers are welcome to bring their own laptop to use our WiFi or use our desktop computers.

Alan, Terry and Sheila.

There was a wealthy Jew who owned a nail company. His only son had just graduated from college and the father wanted to get him involved in the company. So he placed his son in charge of the new advertising campaign. He told him that he would have no supervision and that any and all resources he needed would be at his disposal.

The son was elated and immediately set off to make his father proud.

Four weeks later the son proudly proclaimed, "I have finished!".

He took his father out to examine the first product of the new campaign: a billboard portraying Christ on the Cross with the caption,

"Even Then They Used Goldberg Nails".

The father explained to the son that they couldn't portray Christ on a cross as it might offend their Christian clients

Dejected, the son said that he would fix the problem and report back to his father.

One week later the son took his father to see the billboard. Christ was no longer on the cross; he was lying at the base of the cross and the caption read

"This Wouldn't Happen With Goldberg Nails"



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A missionary was sent to spread the good word in Bongo Bongo, but found little success.

He approached the king to see what would be necessary to engender co operation. The king had seen pictures of European kings and queens sitting on thrones, and told the missionary that he would have the entire tribe converted if only he could have a golden throne. The missionary wrote to the Home Mission Board to tell them of this marvellous opportunity, and they sent him a throne. No, it wasn't solid gold, but the king liked it very much and the whole tribe converted.

The missionary was regarded as a hero by fellow evangelists. In his later years, however, the king got arthritic and decided that sitting on his har, golden throne was exacerbating his aches and pains, so he stashed the throne up in the attic of his grass shack. Trouble is, one day the throne came crashing through the ceiling and squashed the old king.

Which only goes to show that people who live in grass houses shouldn't stow thrones.

My wife made me coffee this morning and winked at me
when she handed me the cup.

I've never been more scared of a drink in all of my life



Golfers Take Notice

Stand proud you noble swingers of clubs and losers of golf balls...
A recent study found the average golfer walks about 900 miles a year.
Another study found golfers drink, on average, 22 gallons of alcohol a year.

That means on average, golfers get about 41 miles to the gallon. Kind of makes you proud.
I bet you almost feel like a hybrid!



Ever since I was a child I've always had a fear of someone under my bed at night.

So I went to a shrink and told him, "I've got problems. Every time I go to bed I think there's somebody under it. I'm scared. I think I'm going crazy."

"Just put yourself in my hands for one year," said the shrink.

"Come talk to me three times a week and we should be able to get rid of those fears."

"How much do you charge?"

"One hundred fifty dollars per visit," replied the doctor.

"I'll sleep on it," I said.

Six months later the doctor met me on the street.

He asked, "Why didn't you come to see me about those fears you were having?"

"Well, \$150 a visit, three times a week for a year, is \$23,400.00. A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought a new pickup truck."

With a bit of an attitude he said, "Is that so? And how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody there now."

It's always better to get a second opinion....



After a tiring day, a commuter settled down in his seat and closed his eyes.

As the train rolled out of the station, the young woman sitting next to him pulled out her cell phone and started talking in a loud voice:
"Hi sweetheart. It's Sue. I'm on the train."

"Yes, I know it's the six thirty and not the four thirty, but I had a long meeting."

"No, honey, not with that Kevin from the accounting office. It was with the boss."

"No sweetheart, you're the only one in my life."

"Yes, I'm sure, cross my heart!"

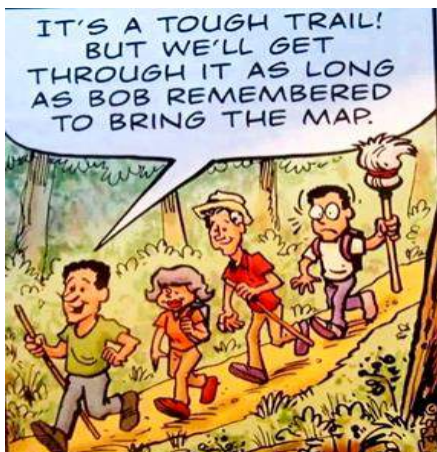
Fifteen minutes later, she was still talking loudly.

When the man sitting next to her had enough, he leaned over and said into the phone, "Sue, hang up the phone and come back to bed."

Sue doesn't use her cell phone in public any longer.



Why are ants so healthy??
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Don't Eat Chicken Sandwiches no matter What.....

A little boy and a little girl attended the same school and became friends.

Every day they would sit together to eat their lunch., They discovered that they both brought chicken sandwiches every day!

This went on all through the fourth and fifth grades, until one day he noticed that her sandwich wasn't a chicken sandwich.,

He said, "Hey, how come you're not eating chicken, don't you like it anymore?"

She said, "I love it but I have to stop eating it."

"Why?" he asked

She pointed to her lap and said, "Cause I'm starting to grow little feathers down there!"

"Let me see" he said.

"Okay" and she pulled up her skirt.

He looked and said, "That's right. You are! Better not eat any more chicken."

He kept eating his chicken sandwiches until one day he brought peanut butter.

He said to the little girl, "I have to stop eating chicken sandwiches, I'm starting to get feathers down there too!"

She asked if she could look, so he pulled down his pants for her.

She said "Oh, my God, it's too late for you. You've already got the neck and the giblets!!!"



There was a terrible accident at a railroad crossing. A train smashed into a car, pushed it almost a kilometre down the track.

Fortunately no one was killed but the driver took the train company to court. At the trial the engineer insisted that he'd given the driver ample warning by waving his lantern back and forth for nearly a minute. He stood up and convincingly demonstrated how he's done it. The court believed his story and the suit was dismissed

'Congratulations,' the lawyer said to the engineer afterwards. 'You did superbly under cross examination,'

'Thanks,' he said, 'but he sure had me worried.'

'How's that?; the lawyer asked.

'I was afraid he was going to ask I the damn lantern was lit.'

. My mother taught me LOGIC.

'If you fall out of that swing and break your neck, you're not going to the store with me.'



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Snippets

LEVEL THE PLAYING FIELD PROGRAM EMPOWERS WOMEN AND GIRLS IN SPORT

The Level the Playing Field Program is an initiative aimed at transforming sports and recreation facilities in New South Wales. With a \$30 million commitment from the NSW Government, the program aims to promote inclusivity and accessibility for women and girls in sports across the region.

This program is a significant step toward levelling the playing field, providing funding for the creation and enhancement of sports facilities, amenities, and sporting fields. The funding will also support the installation of new and upgraded lighting, promoting a safe and inclusive environment for women and girls to train and compete.

Learn, explore, and make a difference

Save the Date: 15 November is Open Day at Tuncurry Waste Management Centre.

The community will have the opportunity to understand how waste is managed in the MidCoast at an open day to be held at Tuncurry Waste Management Centre on 15 November.

The open day is organised by MidCoast Council as part of National Recycling Week 2023. The theme this year is "What Goes Around, Comes Around."

Attendees will have a chance to have their recycling questions answered in person, attend a free workshop and get a behind-the-scenes tour of the Community Recycling Centre, the Reviva reuse shop, the Waste Transfer Station, Return and Earn, Green Bikes and the Men's Shed.

"What goes in your bin matters," said Mr David Rees, Manager of The free open day runs from 9am to 3 pm at Tuncurry Waste Management Centre.

Register now for these free tours and fun workshops:

- Tours of the Waste Management Centre
- How to grow veggies at home
- How to make beeswax wraps
- Bike repair and maintenance workshop
- How to make a bird box

Remember to wear your closed shoes and bring a hat and water bottle.

These tours and workshops will run throughout the day. Places are limited so be sure to register so you don't miss out.

To register visit: <https://www.midcoast.nsw.gov.au/Get-involved/Things-to-do/Whats-on/Recycling-Week-open-day>

Gillespie calls for Labor to abandon Offshore Wind Farm in Parliament

Federal Member for Lyne Dr David Gillespie has addressed Parliament speaking out against the Offshore Wind farm proposed off the coast of his electorate.

"These wind farms are not a solution for retiring baseload generators, but will increase grid instability, destroy the environment and force electricity costs higher than households or small business can realistically afford," Dr Gillespie said.

In the case of this project, it will be a serious risk to the navigation of local and international shipping and boating, as well as the wind farms themselves in storm and tempest.

The feasibility studies and the eventual project will detrimentally impact whale and dolphin (cetacean) acoustics, migration and pod behaviour. Marine bird life will suffer like they do on land-based wind farms.

Dr Gillespie said there would be enormous financial cost on the \$1bn local commercial fishing industry, commercial freighters, blue water and the tourism economy.

"On land, the significant environmental and aesthetic impact will be felt with the connecting, high-voltage grid, which is likely to travel through the pristine Great Lakes and Myall Coast native bush, environmental and agricultural land. This will have a very significant cost, which electricity payers will subsidise through higher grid and electricity prices."

Dr Gillespie said existing power stations should be maintained until they can be replaced by new zero-emission nuclear technology.

(abbreviated article—ed)

APPLICATIONS OPEN FOR CROWN RESERVES IMPROVEMENT FUND

Crown Land Managers across the Myall Lakes are now able to apply for their share of \$16 million in funding to maintain and improve Crown land reserves for community use.

Member for Myall Lakes, Tanya Thompson said applications for the Crown Reserves Improvement Fund are officially open until November 17.

"There is \$14 million worth of grants and \$2 million in loans on offer, which could go a long way to fund essential projects across our region."

All Crown Land Managers can apply including local councils, community organisations, and user groups that are licensed to use Crown reserves across the Myall Lakes electorate, as well as commons and showgrounds on freehold land.

For more information and to apply visit: <https://reservemanager.crownland.nsw.gov.au/funding/crif>

Feral deer put on notice

Following increases in feral deer impacts across the region, MidCoast Council have worked professional contractors to conduct lethal feral deer control in August and September 2023.

The operation targeted the rural and open space areas surrounding urban settlement areas of South Forster, Diamond Beach and Old Bar. In total, 34 feral deer were controlled across the sites.

"This greatly reduces damage to sensitive ecological communities," said Council's Natural Systems manager, Gerard Tuckerman.

"Deer are not native to Australia and cause extensive harm to our environment, the economy and pose a significant public safety risk."

"Council has noted increased feral deer complaints. Vehicle strikes are also on the rise as the feral animals move into residential areas."

"Some of these animals weigh more than 250 kilos, they can seriously injure road users in the event of a collision."

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Good Medicine

Healing

It's a nuisance when we get sick isn't it? We might take a headache tablet or a vitamin for a cold while feeling annoyed at having our life interrupted or our routine changed. Our sickness might be minor or more serious but, in any case, it interferes with our plans or even our life.

There's another way to look at it ... the body saying come aside and rest awhile, as Jesus said to his disciples, *Mark 6:31*.

You may have read stories about 'near death experiences' – a person being out of their body, a tunnel and bright light. Could these stories really be true? I've just read an amazing story about such an experience which interrupted the life of a boy, and many others.

Called '*The Boy Who came Back from Heaven*', it relates to so much more than a near death experience. Alex, 6 years, and his father Kevin were involved in a car accident resulting in Alex suffering horrific injuries. If he lived, the doctors said, his spinal injuries would mean he couldn't eat, swallow or breathe on his own and would be a quadriplegic. You can imagine the parents' grief and shock.

However their church, family and many others started praying for Alex who was in a coma. 'PrayforAlex.com' began on the internet. The prayer army consisted of many people that the family never ever met. They prayed in his hospital room on a roster ... and all over the state. Their church friends cared for the other three children including a 2 day old baby and, after 3 days, the doctors realised he **was** going to live. This was followed by miracle after miracle.

In two months he came out of the coma, later his neck vertebrae operation was not needed because it had '**healed without medical intervention**'. He began trying to talk, working out yes and no using his eyes .. and said Mum and Dad.

Alex says he talked to God in heaven and saw angels. A lady praying said she knew angels were in the room and, at the same time, another lady unknown to the first, painted a picture of angels hovering around Alex, *Psalms 91:11*.

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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

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Address: 100 River Street, Taree

Phone number: 0404 481 084

Email: mglwoodworkers@yahoo.com.au

Web Site: www.mglwoodworkers.com

Alex saw angels carrying his father out of the car at the accident scene, and said they would make his father better ... Kevin never had any lingering health problems afterwards.

These are some highlights from this incredible story -

- ◇ When his mum Beth arrived at the hospital she was told by a medic who was on the helicopter ... I prayed for your son, I'm telling you he is not going to die.
- ◇ The first time his brother Aaron, age 4, visited him in a coma he glanced at the equipment, then started talking to him about a toy ... they said Alex might not hear you but 'Aaron said confidently he **can** hear me'.
- ◇ Their mountain of bills including for the birth of their newborn was paid by a stranger.
- ◇ Kevin worried about medical costs but these were all paid by Medicaid,
- ◇ Even though they didn't know Alex, a church raised money in 1 hour on Easter Sunday, for a van to transport him around.
- ◇ While visiting the house Kevin found a tree had caved in the roof ... church helpers arrived with chainsaws etc. and the whole thing was rebuilt without cost.

By this time in the story I was crying ... what next is going to happen!

Alex came home after 3 months, but there were still emergencies. Later he was the first child in the world to have a device implanted, known as the 'Christopher Reeve surgery', so he could breathe on his own. Kevin says it would be nice to say at the end of the book that Alex suddenly jumped out of bed, completely healed. Alex says it's not about him ... it's about God.

There's a family photo where Kevin says 'please don't feel bad for us, we don't' ... their numberplate says **WIL WALK**.

Healing can be physical ... spiritual ... mental ... I am the Lord who heals you, *Exodus 15:26*.

Quotes from the book

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** (0427 570 039),

St Bernadette's Catholic Church, Krambach

November Mass times are Saturday 4th at 6:00pm, Saturday 11th at 6:00pm Saturday 25th at 6:00pm
December Mass Saturday 2nd 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

November Mass time is Saturday 18th at 6:00pm
** Note: Mass has changed from the 4th weekend to the 3rd.**

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Essential Energy - Power outages	132 080
Police	131 444
FAUNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
Fire Permits	1300 643 262

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

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

Does anyone remember when the Holiday Coast Credit Union closed its doors in Nabiac?

The actual date is needed for inclusion in a publication that
is being compiled by a local in Nabiac for part of Nabiac's
history.

If you do, please contact **Stuart Weller on 6554 1904**



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Barb available on Monday - Tuesday - Wednesday - Thursday

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

Hi everyone,

"What lies behind us, and what lies before us, are small
matters compared to what lies within us."

"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

Do you need a *Justice of the Peace*?

Then contact

Stuart Weller on 6554 1904 (Nabiac)

Gordon Foy, 2949 Bucketts Way, Belbora on 0417 290 874

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

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

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

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

Amanda Chapman, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing
Jane Hallock, on 6554 1107, 82 Clarkson Street, Nabiac. 9am-3pm weekdays.

Wanted: Euchre Players

We play every Thursday night in the old
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We then have a cuppa and a chat, all for \$5.00.

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To find out more please ring

Helen on 6559 1211 or 0429 778 011



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