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ACROSS THE FENCE

It's Showtime at NABIAAC

Saturday, 9th March

Dust off your glad rags and head on down to
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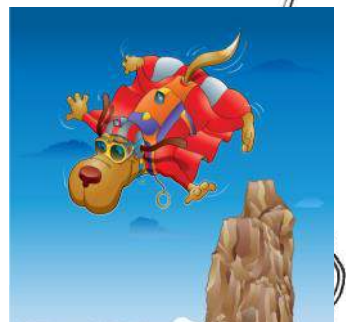
Don't forget to get your entries in for the Hall
and Produce exhibits.

Wood Chop, Tug-o-War, Doggie High Jump competitions AND
the big SCARECROW competition

Stay on for the Demo Derby and the Fireworks

Remember "Little" kids AND "BIG" kids, to bring your pets
down for the Pet competition.

The RAFFLE this year has heaps of prizes.
More details on page 5



News from the Wallamba Watershed is a FROGS BOTTOM PRODUCTION



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Editorial.

Hi all,

Many thanks to the lovely readers who phoned and emailed me re last month's editorial, giving me solace and support and wanting the jokes to continue—majority rules so I will include them still.

I suppose everyone is back into work routine by now, just in time to get ready for an early Easter break at the end of the month.

Easter seems to have snuck up on us early this year, and as it will be just about over by the time April's issue is out I will wish you all a very good and happy Easter, whether you are a religious soul who celebrates the proper reason we all get to enjoy a break or someone whose beliefs do not follow that particular holy belief but get to enjoy it as well.

The show is just about upon us and I believe there are all sorts of new things to be seen on the day.

Hopefully everyone will attend so the show will continue to carry on and keep entertaining us for a long time to come.

Did any of the single ladies take the advantage of "popping the question" to their beaus on the 29th?? Do you know old folk tales say that on the 29th (leap year), you have the right to do the proposing if you beloved is a tad slow on the uptake of doing so??

We have a new advertiser who sells a new skin cream that is supposed to work wonders for all sorts of skin problems. Sound interesting, might like to try it and see for yourself.

Our WEED WARRIOR is back to help you sort out problems with your fields, yards, gardens.

Not to forget the new book available on Nabiac which is a LIMITED edition so get in quick if you are interested.

Like me, I expect everyone is having problems with weeds and grass growth. Doesn't matter how much you water with a hose, rain has some magical property that sends the growth spurts of grass and weeds ballistic. Put that together with 2 new 'visitors' on my property, the place looks like something out of a wildlife film. Anyone want two brush turkeys. Please??? Nice Sunday roast???

There are a couple of interesting events being held by the Council, details on page 26.

That's about it, have to get this off to Taree to get printed as my copier is waiting on a part.

Until next month, stay safe, be happy

Lyn & Timidthy



WHAT'S HAPPENING IN MARCH, 2024 Markets & Events.

• Bulahdelah	(1st Sat)	2 nd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	3 rd	8am to 12 noon
• John's River Country	(2nd Sat)	9 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	2 nd	8am to 12 noon
• Myall Quays	(3rd Sat)	16 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	16 th	8am to 12 noon
• Krambach	(3rd Sun)	17 th	8:30am to 1pm
• NABIAC	(Last Sat)	30 th	8am to 12 noon
• Old Bar	(Last Sun)	31 st	7am to 1pm
• Pacific Palms	(Last Sun)	31 st	9am to 1pm
• Forster Town	(2nd Sun)	10 th	8am to 2pm
• Halliday's Point	(1st Sun)	3 rd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	23 rd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	16 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	23 rd	8am to 1pm
• Burrell Creek	(2nd Sun)	10 th	9am to 12.30pm
• Gloucester	(2nd Sat)	9 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.
ALL ART WORK IN JPG ONLY
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Nabiac Landcare

Wow, what a difference two weeks and 225+mm rain make on my stretch of creek! We've got mud for the first time since last April and the creeks are running nicely. Unfortunately the leeches have woken up and the mossies are vicious! (If you've gone outside lately, I probably don't need to tell you this.)

We've been seeing lots of different fungi as we work at Lilypilly Bend. Many of them are quite beautiful. If you like fungi, put on a pair of sturdy shoes and plenty of mozzie repellent and have a walk especially off track.

Some of our members set up a display at the Midcoast Native Bee Day at the Memorial Park. We gave away some bee friendly plants supplied by our members and the Midcoast Council nursery and enjoyed speaking with the people who took an interest in our local group. One of our members even took the opportunity to make a bee hotel with the assistance of some of the 'bee guys'.



A little more about the giant bird of paradise (*Stretlitzia nicolai*). It has become quite a serious environmental weed in areas north of here and there is no reason to think it will not become a problem here. If you want to continue to grow the giant bird of paradise, please prune flowers as soon as flowering is finished to prevent seed set. My ever-patient husband took his sharpest machete to my plant...I think he almost enjoyed the exercise!

This year will be the 30th anniversary of Nabiac Landcare. None of the original members are currently working with the group but we would like to make contact and learn a little more about our history. So, if you were involved with the establishment of Nabiac Landcare and it's first project at Bullock Wharf, please give me a call.

The professional bush regenerators who were working with us earlier this year began some attempts to control the spread of the ornamental black taro/elephant ear growing in Woosters Creek. Unfortunately this is not an edible form of taro. Large patches of taro can slow the natural flow of water in the creek and possibly increase the risk of short term flooding.

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



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Collin & Renee Went

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 **6554 3196**.

Liz Rees

Nabiac Memorial Neighbourhood Centre Association



Historic book launch

The book co-authored by *Stuart and Bruce Weller*, **The History of Nabiac and District**, is going to be officially launched at the Wallamba District Show on 9th March. Stuart and Bruce Weller, having undertaken years of research and editing for the book, will be launching it at 12 noon at the luncheon room entrance to the Show Hall.

The publication builds upon the original *Lionel Gilbert 1954* book of 74 pages. This new version is 248 pages, as it is enhanced with many new stories, photographs and updates. It is a fascinating read that details early pioneering families and the pockets of settlements in the district, as they each struggled for relevance amid adversity and triumphs.

There is a very limited print run, so history buffs and those who want to know how Nabiac ended up at its current location, this book will answer many questions. The cost of the book is \$30.

History is the platform upon which today's amenities and lifestyle are constructed. Therefore, books such as this, give us a chance to look back and appreciate just how far we have travelled.

The Neighbourhood Centre, through funds raised by the OP Shop, has financially supported this publication. All proceeds from its sale will be returned to the Neighbourhood Centre to support other worthwhile community projects.

Following the Show, any the remaining copies will be available for purchase at the Nabiac Second Chance Opportunity Shop (Op Shop) which is located at 37 Nabiac Street and the Nabiac Nook in the heart of the Village.

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

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Between the Pages

Nabiac Library News



Welcome to the March edition of Nabiac Library News. We hope that everyone is surviving this unpredictable weather we have been experiencing during Summer. From temperatures zooming up to near 40 degrees at times, then severe thunderstorms and heavy rain, humidity

and the inevitable mosquitoes! It's certainly been a crazy time. Let's hope it all settles down in time for the annual Wallamba (Nabiac) Show coming up on Friday 8th and Saturday 9th March.

Nabiac Library has copies of the Wallamba Show schedules available to peruse and photocopy if you are interested in entering in the various sections. These include the Hall, Children's section, Produce and Poultry sheds as well as horse, cattle, goat's events etc. The Hall schedule includes Handicrafts, Hobbies, Cookery, Jams and Preserves, Photography, Art and so much more. You have to be in it to win it!

PLEASE NOTE: NABIAC LIBRARY WILL BE CLOSED ON SATURDAY 9TH MARCH FOR THE SHOW!

Seniors Festival 2024.

There is an incredible choice of activities to celebrate Seniors Week 2024 across all our Midcoast Libraries. The NSW Seniors Festival will run from 11th-24th March, 2024. The theme of the festival is **Reach Beyond!** Midcoast Libraries is certainly promoting the theme, with an amazing choice of activities to engage participants and to teach new skills. There are far too many to incorporate into this article, but if you go to Midcoast Libraries /Events you will discover a host of creative art activities, workshops, discussions and even jazz dance across our Midcoast Libraries.

Nabiac Library will be offering the following workshop on **Monday, 18th March, 2024 from 09:30 AM to 12:00 PM**



Seniors Festival: Knots & Loops - Macramé Keychain workshop

Celebrate this year's Seniors Festival with a morning learning new skills and step by step macrame workshop creating a keychain. All materials supplied. No experience required.

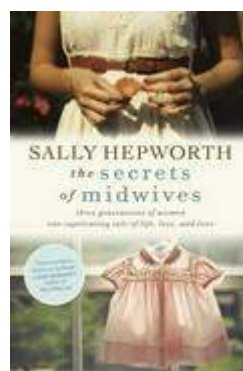
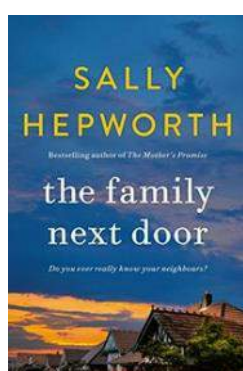
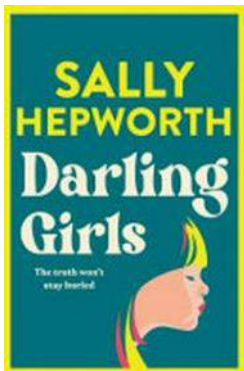
To book your place head to MidCoast Libraries PH: [7955 7001](tel:79557001) or go to library.events@midcoast.nsw.gov.au [Get tickets here](#)

READERS CHOICES:

This will showcase a few of our library member's current reading choices in the hope that it inspires others to explore these authors and their books.

Sally Hepworth

She is an Australian novelist who writes about families, sagas, mystery and crime. Quirky!



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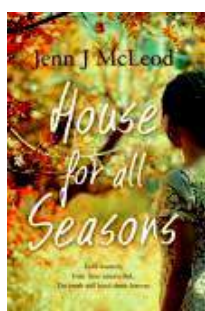
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Jenn J McLeod

Is a nomadic novelist who travels Australia in her fifth-wheeler caravan (called Myrtle The Turtle), touring the country — her days are spent writing heart-warming tales of the Australian country that weave intricate tapestries of friendship, family and love, contemporary human issues and small-town life. Stories and characters that will make you laugh, maybe even cry, but definitely embrace a second chance. Check out her books about the small town Calligarry Crossing and the amazing links of the characters across the years. Some great tear-rendering tales! Worth the read!



Computers and Printing:

Nabiac Library has two computers available for public use. All you need to log on is your membership number or a guest number (available on request from the staff). Sessions last for one hour before you need to log in again. You can also send documents to the printer from the computers, or print photocopies or PDF files straight from the printer. There is a small cost for printing; just enquire at the desk. Please note we do not take EFTPOS.

Come visit:

We look forward to seeing you in our beautiful, historic library. We are open:

Mondays & Tuesdays: 3PM-5PM

Thursday & Saturday: 10:00AM – 12:00 Noon

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Show News

Firstly, I would like to acknowledge the local artists who came to our rescue and took on the painting of over 100 caricatures that are going to go up around the grounds on show day. Many artists came through the *MUSE* in Nabiac and *Susie Oldfield* along with the *Forster Art Society* and the *Wallamba Ladies Art group*. Initially the *Men's Shed in Tuncurry* was contacted and the help from there grew to paint each item. We say thank you for all your hard work. They will be in most areas and a wonderful treat for all the children coming through the gates, depicting animals such as Goats, Cows, Horses and Chickens not to mention the Bees that will be flying around. A big thank you to *Christine Hefferman* for this generous donation.

The people who run the amusements are offering wrist-bands this year. Between 11am – 5pm, for \$50.00 (per person) you will have unlimited rides in this time frame. This offer only applies to rides under the direct ownership of KD Amusements. Outside of this offer, all rides will be \$8.00 each.

The entertainment is all booked and there will be something for everyone, from Wood-chopping to musicians, whip cracking workshops and demonstrations. Quenorie, who is always a favourite with the children, will be back with her fairies and all the magic she brings. Exhibition hall, livestock galore, pet parades, doggie high jump, tug-of-war, mini mower racing and amusement rides. Kid's Fun Ring, Show Opening and Grand Parade, DONKs, 6 bar High Jump, Classic Cars on display, market stalls, food stalls, DOGS NSW, Demolition Derby and the Fire works Finale at the end of the show.

There will be plenty of parking in the surrounding streets including Showground Lane, Nabiac Street and Bruce Weller's paddock adjacent to the top gate area. The **ONLY public parking** allowed in the showgrounds will be those **people requiring Disability Car Parking**. Bookings can be made through the show secretary email: secretary_wdah@outlook.com.

Please support Krambach, Nabiac and Coolongolook schools as they have their Scarecrow entries in the window of Shellie's Country Wear. Decide which one is the best scarecrow, write the number on a piece of paper and post it in the slot of the pink wheelie bin. This is a **public vote only** so if you want your school to win, **MAKE SURE YOU VOTE**.

Have a look at the shop windows and see if you can spot who has entered the *Nabiac Business Window Display* competition. Windows have been transformed and support the spirit of the show. The care that has gone into these displays is to be commended and we thank those who are participating.

See you at the show.....

Carol

Carol Baines - Secretary Email: secretary_wdah@outlook.com
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MINIMBAH MATTERS



Minimbah Rural Fire Brigade is very excited because we are getting an MDT fitted to our fire truck this month. "So, what's the big deal?" we hear you ask. Well

During those horrible fires in the 2019-2020 summer, communications were stretched to, and sometimes beyond, their limit. One of the lessons that was learnt and reinforced during those fires, was that timely, efficient, accurate and clear communications is always vital, never more so than during emergencies such as those experienced at that time.

Possible shortcomings with the communications were noted and acted upon by the NSW Rural Fire Service (RFS), and as a result Mobile Data Terminals (MDTs) are being fitted to all RFS fire trucks and operational vehicles. March is the month for the Mid Coast Rollout.

A Mobile Data Terminal is, in appearance, much like a Tablet or an iPad. It will be wired into the vehicle and will help to deliver up to date information to firefighters when they are travelling to, and are on scene at fires and other incidents.

GPS locations, current and forecast weather conditions together with the effect they will have on the fire behaviour, and much more, are the kind of valuable advance information that this two-way system caters for. It's a whiz bang piece of gear!!

Regular situation reports (sitreps) will be transmitted by crews on the fire-grounds to an incident centre, using the MDT. The details will be examined, noted, mapped, then predictions and decisions regarding suppressing the fire, are made. As a result of the extensive details obtained, additional land and air support, or Hazmat crews, may be required as a matter of urgency. These can be arranged and the information passed to those on the fire ground, using the MDT. This information is then available to all other crews who are involved so they know what to expect and when to expect it. The majority of these communications would previously have been by radio. That caused an extremely "cluttered" radio network in the height of an emergency, which was far from ideal. Some "decluttering" has already been implemented as reporting changes were introduced, and the MDTs are the icing on the communications cake.

It is a "big picture" situational awareness that will help fire fighters reduce the spread and severity of bushfires more efficiently and effectively, and thereby reducing loss of life and property.



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Wallamba and District Show.

From Minimbah Brigade's point of view, things will be a little different this year. After so many years of having a display at The Show, due to other commitments, this year we find ourselves without the "manpower" to help out during the day. We are committed to being part of the safety team for the demolition derby and fireworks later in the day, but our display booth won't be where it usually is. Please accept our apologies. We are all Volunteers and this year we are particularly stretched.

If you were saving your fire related questions to ask them at the show, how about emailing them to us on minimbahrfb@hotmail.com and we can get back to you with an answer. If you need to speak to our **Captain, Phillip Costa**, you can ring him on **0429 000 814** but perhaps not on Show Day. Phil will be busy wearing his "Show Safety Officer" hat that day.

As we approach the end of the Bushfire Danger Period we are taking advantage of the cooler months to train up our new Members and for the more advanced Members to increase their level of training. This is the perfect time for anyone who is interested in joining the RFS, and in particular Minimbah Brigade, to make their "wish" come true, and be qualified and ready for next summer's Bushfire Danger Period. We can never have too many active fire fighters. You can contact us on the above email address and mobile phone number. Volunteering with the RFS can, and often does, lead to a career within the organisation.

Fire Permits

Yes, you do still require a fire permit. You can obtain the contact details of your local Fire Permit Officer by calling **NSW RFS Mid Coast Fire Control Centre on 1300 643 262**.

If the Fire Danger Rating is High or above, existing permits will be suspended, and no permits will be issued until conditions improve.

During the Bush Fire Danger Period, the

Mid Coast Area Fire Danger Ratings (Fire Risk)

are published on Facebook whenever they change.

Check them out by following **NSW Rural Fire Service – Mid Coast District**



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News from Muse

February saw the recommencement of classes at the Inner Muse Art Academy. *Sonja Ridden's* Water Colour class was as popular as ever and we introduced a new class in Mandala Painting with artist *Karen Slater*, which was well received & we hope to have more in the future.

April is going to be a busy month for Muse and Inner Muse as we have another Mini Market on April 20th. Following the success of our Christmas Mini Art & Craft market we will be holding another under the banner of 'Nabiac Niche Markets'. So, if you're a local artist or crafter, expressions of interest are now open. Email museartand-crafts@gmail.com for more information.

The next art classes will be starting on the April 7th with *Christine Onward's* Acrylic painting for beginners.

Sonja will be doing a beginners class in Water Colour painting on April 20th.

We're delighted & excited to introduce *Gwen Roberts* to our faculty of Tutors. She is a successful, British born artist who now works out of Port Macquarie. Her works are exhibited internationally and are in private collections around the world.

Her photorealistic art uses the 'Sanding Method'.

Gwen's class is for artists who've worked in Pastels or Charcoal. The technique is apparently 'addictive' according to Gwen.



NABIAC EXCAVATION SERVICES

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The class is on Saturday 13th April from 10 am until 2pm. All materials & refreshments are included in the cost. As there are only 4 in a class, if demand is sufficient, Gwen will also hold a class on Sunday 14th. However, that's only if the Saturday class is already fully booked.

There may also be another Acrylics Painting Class, this time for Intermediates on April 27th.

All classes are \$115 per class, inclusive of all materials and refreshments. The classes run from 10am until 2pm and there are only 4 in a class, maximising the one on one time with the tutor.

For class bookings call 0403 826 439 (responses to messages on this number are only between Thursday and Sunday) or message through our Facebook page.

Also, following the success of the Christmas Mini art & Craft Market, we'll be holding another Art & Craft market.

I am very excited to announce that Thursday the 18th April is going to be the very first Meditation & sound healing session held at Muse, with *Maureen* (formerly of Thoughtful things Tuncurry) and *Bernie* from Tuncurry. They hope to have monthly sessions and judging by the interest, I am sure they will be very popular. If you haven't experienced the amazing meditations with Bernie or the soothing, angelic sound of Maureen you are in for a fabulous treat.

The session will last a little over an hour with light refreshments at the end of the session. After consulting with the public, the time will be 5.30-6.30pm (arrive at 5.15 to get settled). The cost is \$35. **For all enquiries or bookings please call Maureen on 0419 613 541 or Bernie on 0401 857 900 direct.**

Kind regards

Janice Vance

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GREAT NEWS!!

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Nabiac Community Technology Centre is open on Tuesday & Friday mornings from 9.30am until 12 midday in the Nabiac Neighbourhood Centre.

We are available to do copying, printing, 20c a side A4 (black & white) laminating, scanning or help with Word, Excel, PowerPoint, Publisher, emailing, searching the internet or other software problems.

Printing is available through Susie in the Op shop on Wednesdays.

Customers are welcome to bring their own laptop to use our WiFi or use our desktop computers - \$5 for the morning

We need volunteers to open other mornings. Anyone interested please contact Sheila on 6554 3032

Alan, Terry and Sheila.

Nabiac Pharmacy News

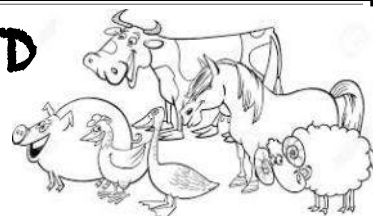


Nabiac Pharmacy aims for 2024.

- ◇ To continue to be an accessible place for people to come and get help for their health.
- ◇ To help people at the lowest possible level of the Health System.
- ◇ To support General Practices.
- ◇ To prevent hospital presentations.
- ◇ If we cannot fully help people with their health, then we will try and find somewhere they can.

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Magic Cream with 35 % Aloe Vera is excellent to use on many rashes including acne and rosacea.

Some other customers have benefited from healing long term skin disorders, like eczema, ulcerations and chaffing with adults and children.

Magic Cream is very soothing, easy to apply, you do not need very much to be effective. All the ingredients used are organic and ecologically friendly. There are no chemicals, it is an holistic product using our home grown Aloe Vera and medical quality Vitamin E Cream as its main base, as well as High Grade essential oils. Very beneficial for the face, and other parts of the body. Avoid eye area. You may initially experience a very slight stinging sensation, this product is activating and working to heal your skin disorder. The Ancient Egyptians used Aloe Vera for healing parts of the body.

Some customers who were farmers with very fair skin, prone to sun burn and skin cancers claimed they were Absolutely in Awe of what Magic Cream did with its HEALING capacity. It even moisturised their skin. One customer had a really dreadful dry skin disorder over his entire body.

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WALLAMBA CWA REPORT

Our first meeting for the New Year was *well attended by 10 members and we welcomed former member Pauline Graves* who has returned to live in Taree and we hope she can return to the branch. Apologies were also received from 2 of our members.

President Margaret Weller opened the meeting with the usual formalities which was followed by members pausing to remember departed friends and family including. *George Schneider, Verlie Wisemantel, Alice Roberts* from Krambach and Dyer's Crossing, *Jim Nesbitt* of Taree, *Lorraine Skinner* friend of Margaret Weller, *Shirley McKeough* and *Margaret Duncan* both of Wingham and *Malcolm Woodward* of Taree, friends of Pam Muxlow, *Robyn Masters* (nee Schneider) grand daughter *Donna* and *Dan Aldridge* from MC.

Penny provided our thoughts from A. A. Milne's 'Winne the Pooh' and they were "Life is not about how fast you run or how high you climb, but how well you bounce!" and "People say nothing is impossible, but I do nothing every day".

President Margaret reported that the mandarin trees donated to Nabiac Public School are thriving and the branch will arrange for a plaque to be added to mark 100 years of NSW CWA and Wallamba's 60th birthday which falls this month.

Jill gave us an update of member *Lyn Matthews* and husband *Phil* who are still in WA.

Members said they enjoyed the venue, the friendship and chatter at their Christmas luncheon which was held at the White house Café and Nook.

A number of items of correspondence was discussed including notifications of upcoming Group Cookery/Friendship Day at Lake Cathie, the MNC Council meeting at Kempsey on March 1st. Several members will be attending and will report on them at next meeting.

Our Handicraft Officers *Fay & Merle* thanked everyone for their entries to the Group competition at the March meeting and we should have the 8 items as well as some for the other sections. Merle said that in 2013 there were 20 classes whereas there are now only 8

listed in the 2024 schedule.

Pam gave her report on the design and construction of the iconic Eiffel Tower in Paris which was built from 1887-1889 as a centrepiece for the 1889 World's Fair and the centennial anniversary of the French Revolution.

Beth our Ag & Environment Officer spoke on the dreaded Fire Ants that are continuing to come nearer to us with an outbreak at Wardell, NSW. They have been detected at Port Botany in 2014 and Freemantle, WA in 2019. If you think or suspect fire ant nests ring the HOT LINE PHONE NUMBER 132523 for help and information.

Jean Price our Cookery Officer congratulated Wallamba members for their success in the Group Cookery competition for having 15 entries – there were 89 entries across the Group. Wallamba came 4th with a score of 10 points. *Moya Harris* placed 2nd with her Boiled Pudding, *Jill Hammond* 2nd with her almond bread and her memorial biscuits *Pam Muxlow* 2nd with her carrot and lemon jam, *Jenny Ang* placed 3rd with her butter cake and President *Margaret Weller* placed 3rd with her orange cake.


Our Cultural Officer *Jean Price* spoke about her grandson's wedding at Kilcare and as it was Valentine's Day the following day, Penny invited members to speak about their Valentine, some later becoming their husbands.

World Day of Prayer details were worked out for the service which would be held on March 1st at the Nabiac Uniting church. And our next meeting will see plans arranged for our 50th birthday on 25th March.

A new book recently published by brothers *Bruce* and *Stuart Weller* "The History of Nabiac" was on show - it can be purchased for the Nabiac Op Shop for \$30 for those wishing to purchase a copy.

Our next meeting will take place at the Uniting Church on Tuesday 12th March commencing at 10.00am.

Pam Muxlow
Publicity Officer Wallamba CWA



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The constantly changing, rich and sensorial outdoor environment encourages children's spontaneous exploration and discovery. It provides a real and authentic context for children's learning in areas like mathematics, language and literacy, and the scientific process such as observation, prediction, and inference.

The outdoors provides a rich base of experiences that allows children to have first-hand exploration of the world and experience natural phenomena. They develop a sense of wonder and curiosity about elements of nature (e.g. weather, flora and fauna, sand, water), and become inspired and motivated to explore, discover, inquire, critically think, and reflect about the real world.



Nabiac Second Chance Opportunity Shop

Established 1993

Open Monday to Friday
9am to 12noon
(Saturday 9am to 1pm)
37 Nabiac St, Nabiac
6554 1876



News from Nabiac Second Chance Op Shop

Happy Easter to all and your families. If you are travelling please travel safe.

The Op Shop and Shed doesn't normally open Easter Saturday.

This year we are going to **open Easter Saturday 30th March** due to the Farmers Markets still going ahead with their normal market day being the last Saturday of the month.

We will be **closed Good Friday 29th and Easter Monday 1st April.**

Please hold your donations over this period of time until we reopen on **Tuesday 2nd April.**

Thankyou in advance for your co-operation.

The History of Nabiac and District.

Available in the Op Shop and Shed for the price of \$30.00.

Just ask one of our friendly volunteers if interested in purchasing this great book.

See full page article for further information.

New Volunteers:

We would like to welcome our new members of the Op Shop and Shed who have joined our wonderful team of volunteers over the last 5 months.

In the Shop we have *Narelle* and *Maureen*. Welcome Ladies.

We still require ladies to help on the following days in the Op Shop: Wednesday, Thursday, and Saturdays. Maybe you are available to work on the days we will be short due to volunteers taking well-earned holidays throughout the year.

In the Shed we have *Tom*, *Keith*, *Murray*, *Geoff* and *Luke*. Welcome guys.

There is always room for extra guys to help take the pressure off our existing team in the Shed.

Volunteers needed.

If you are interested and have a day free and want to help raise funds for the community please call Kathryn on 0414 836 414 or call the Op Shop on 6554 1876 between 9.00am and 12.00pm and leave your details with one of the volunteers with your name and phone if I'm not available. You are welcome to drop in and leave your details and I

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Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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

New members, men & women, are very welcome.

If you like "*messing about*" with wood, please visit us or contact us as follows:



Address: 100 River Street, Taree

Phone number: 0404 481 084

Email: mglwoodworkers@yahoo.com.au

Web Site: www.mglwoodworkers.com

will call to arrange a day and time to meet.

Shop

Clothing sale will return to 10 items for \$10.00 or \$2.00 an item.

Sale doesn't include priced items of clothing, winter jackets, shoes, denim jeans, and handbags.

Our \$1 sales was very successful in reducing our stock so new stock can be hung out.

Both Summer and Winter items are now available.

A very big thank you for all your clothing and other items donated to the Op Shop to raise sell and raise fund for the community.

Shed

The shed has had a great turnover of furniture lately. There is still good quality furniture available for sale.

Also a **very big thank you** to those who donated some really good quality furniture and other items to the shed to sell which in turn put funds back into the community for future project.

Your donations whether big or small are very much appreciated.

School Formals for 2024

We have a great range of Formal dresses for the young ladies and suits for the guys.

Dresses are located in the Ladies 0-12 clothing room and are labelled Formal Wear and cater for all sizes.

The suits are located in the men's clothing room.

So if you are starting to organise your outfit come into the Op Shop and take a look at our lovely range of dresses and suit's.

Just ask one of our lovely volunteers to point you in the right direction.

Kind Regards

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

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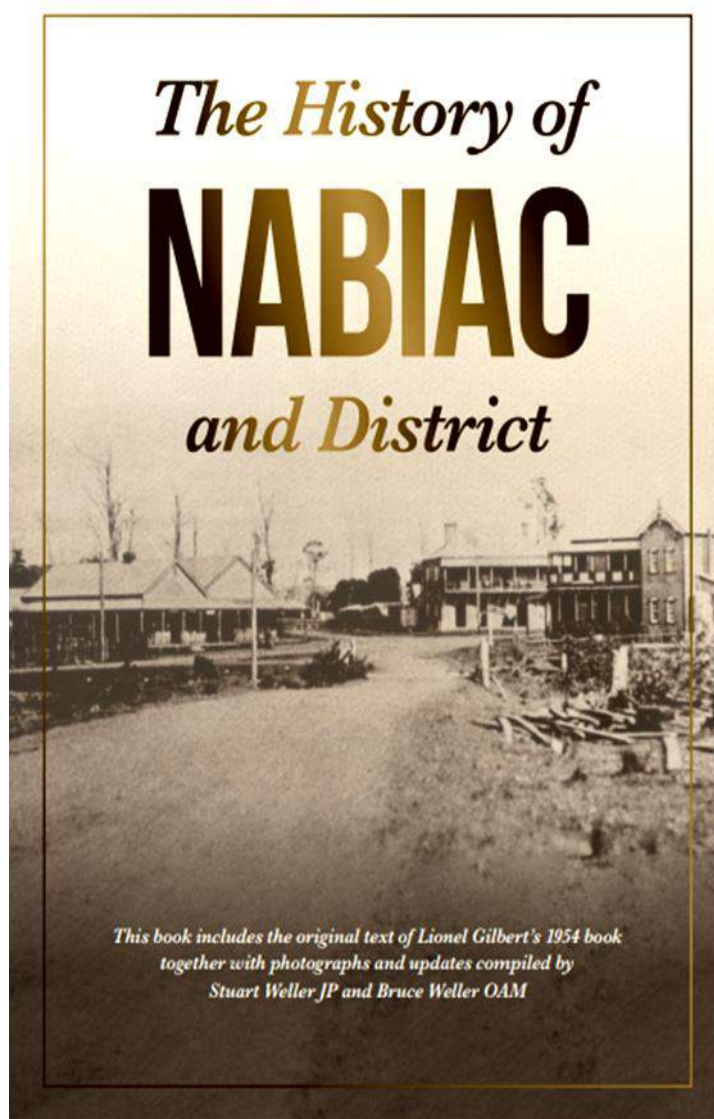
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**Book launch at the Wallamba District Show
12 noon at the luncheon room entrance to the
Show Hall.**



Cost \$30

In 1946, the Registrar of the Department of Education, a Mr Bowden, was about to appoint Lionel Gilbert to his first school in a teaching role. Mr Bowden stated "Here you are. You go to NABIAC."

"Is that in the State?" asks Lionel Gilbert.....

Pulling out a state wide map, "There it is, near Taree and Forster -- best fishing in the State -- you're lucky."

Extract from Lionel Gilbert's 1954 book

This new publication builds upon the original Lionel Gilbert's 1954 book and is enhanced with photographs, recent stories and updates, co edited by Stuart and Bruce Weller.

Copies of the book can be purchased at the Show, or following that, it will be available at

Nabiac Second Chance Opportunity Shop (Op Shop) at 37 Nabiac Street, as well as,

Nabiac Nook in the heart of the Village

All proceeds from its sale will be returned to the Neighbourhood Centre to support other worthwhile community projects



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Nabiac Street, Nabiac

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All proceeds go to community projects.

0422 177 122
nfmcoordinator@gmail.com





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

The Next market is 30th March. This will be a “fifth Saturday” market day plus, it falls on the Easter weekend. So, it’ll be a big one.

MARKET NEWS

The February Market was another great day. After a seriously hot and humid Friday, Saturday’s weather was kind, around 26 degrees and cloudy, with no wind. Luckily the rain held off until the market was nearly over.

Stallholders with fresh produce and meat reported selling out. Mick’s Clippers had a good morning’s trade too. It’s worth sharpening your tools!



My Blue Tea has a range of products. The blue tea is made from the butterfly blue pea flower and turns a pretty purple colour when lemon juice is added. It possesses healthy antioxidants.

Alley’s gingerbread also had a fab day. Alley has been a long time Elf of Petra’s, learning the secrets of the original gingerbread recipe, and launching “Gingerbread Alley” with Petra handing over the reins this year.



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Paperbach Farm had a great day, with their pickles, flowers, and fresh produce, all grown on their property in Krambach. With less sprays, regenerative farming methods and less food miles, they bring quality “uncertified organic” produce to the market.



Georges Meat sold out too. A local favourite.

Little Dara Farm was popular, with specialty tomatoes, flowers and more, all home grown.



The Wallamba District Show committee enjoyed engaging with people, ready for the upcoming show.



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This beautiful bench has been hand-crafted and donated by Bob. The bench commemorates the late **Helen Smith**, who founded Nabad Farmers' Market almost 21 years ago. Thank you Helen and thank you Bob.



The April market marks our **21st** anniversary. We look forward to celebrating with you.

That's it from me! See you at the next market on 30th March.

Nabad Farmers market is proud of our wide range of stalls: Local producers and artisans:

*fresh produce, *seedlings *microgreens, *flowers *wine *cheese
*plants *woodwork *macadamia oil *boutique gin *chutney *honey
*gingerbread *culinary delights *art *hand-spun wool products
*unique artisan wares *pasture-raised meat
*eggs *specialty tea *coffee *plants *crafts *textiles *baby clothes
*garden art *garden care *pooch care *ginger beer *jewellery
*sourdough bread *market BBQ *fab food
*live music

Thank you to everyone in our community for making our market great. Stallholders, the committee, our customers, and the shop owners in Nabad who promote us to their patrons, we appreciate you all. See you at the next market on Saturday 30th March, 2024.

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

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SNIPPETS FROM BRUCE WELLER

"If you see the guy scooting around the village on a small tractor / mower / Council ute with a whipper snipper and cleaning gear in the back, give him a toot and thumbs up.

He is employed by Council, lives in town, and it's his job to keep the village tidy, attend to the pool, maintain the toilets and report to Council anything that's busted.

He's doing a great job and dedicated to his work. We are fortunate to have him as part of us." BH

Miracles DO Happen!!

Had a chance chat with some serious looking shire blokes some weeks ago at the entry to the Nabad St Showground entry.

"We're putting in a foot path to Showground Lane **before the Nabad Show**"

Nabad Futures group (NFG) have been campaign for this and other footpaths for some years without even a whisper, and these guys are going to have it done by March?

Now I'm considered a trusting soul, but this is stretching my boundaries, not going to happen.

WRONG. This week (19th Feb) they are at it and tractors and blokes could well have it done **THIS** week, certainly before the show if all goes well

Thanks to whoever organised this in the corridors of power, well done.

Bruce Weller

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MANGO TANGO

Hello Everyone,

How are you feeling? Have you added any healthy habits in 2024? If so, how are you going with this?



This newsletter will be short and sweet. It's been a busy time, with work, community, and the garden. My veggie garden produces lots of cucumbers, corn, beans, zucchini, and a wide variety of herbs. The rain has been fantastic, but the heat and humidity has created lots of challenges! Especially the plethora of pests. I've been making batches of compost teas. The health of our food directly impacts the health of our bodies

This is my basket of goodies bought from Nabitac Farmers Market.

Which summer fruits are you enjoying? I'm loving mangos at the moment, so tasty and refreshing.



Mango contains
amylase which helps
break down carbs

Summer is a great time to combine fruits with fresh leaves and nuts to create salads. Mangos look pretty and are good for digestion.

Mangos are great in smoothies with coconut milk and banana, or with spinach and avocado.

They are rich in Vitamin C, A and B6. Vitamin A is a fat-soluble vitamin, so

mango is a good pairing with healthy fats such as nuts, seeds, yoghurt, meat, fish, avocado and cheese, to help vitamin A to be absorbed into the body.

Digestion challenges can hit at any time, sometimes when we are stressed, eating on the run, or eating foods which aren't nurturing our bodies.

Digestion can be extra challenging as we age too, since hormone changes such as in menopause, can affect the way our body digests food.

Here's some food for thought...



However challenging it is to shape new healthier habits, never give up! Every small step counts and is worthwhile.

What healthy thing can you add this week?

Follow "The Natural Space" on Facebook and Instagram.
www.naturalspacenutrition.com.

Ph: 0409 997 309

Laura x



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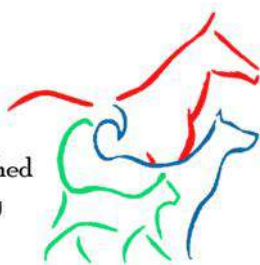
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FOR LEASE BRAND NEW SELF STORAGE UNITS

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Forster—Tuncurry
6554 5011

Nabiac Storage is a sleek, brand-new storage facility with the size and space for all your larger toys such as caravans, boats, jet skis and alike. Insulated ceilings & a concrete Western wall will ensure your precious goods are protected from the heat during the Summer months, while the extra wide driveway makes for easy manoeuvrability to access the individual units.

Centrally located in the heart of Nabiac village in Ferris Place, (tucked out of sight behind the working units) just minutes from the Highway, means you can grab your toy and get on your way without any hassle.

SIZE: Length = 9.6m, Width = 3.5m, Height = 3.35m

Also available are 2 x 100sqm units in our Industrial precinct, ideal for businesses with large access door & 3 Phase power.

A shark will carry on feeding even when another shark is eating it! It will also eat parts of its own body that have been bitten or cut off

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- Bulls from \$5,000 ex GST
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- 7 Yearling Heifers. \$900 ex GST

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

Nabiac Village Futures Group



The Village Futures Group has just finalized the 2024 – 2029, Nabiac Community Strategic Plan.

The original Community Strategic Plan was first developed in November 2004 and dealt with major issues such as the proposed highway bypass and the ongoing drive for a swimming pool.

This current Plan will be presented to the MidCoast Councillors at one of their regular meetings. The Plan aligns with the MidCoast Council's 2030 plan, but with a particular focus on Nabiac.

Successful projects

A number of projects and priorities that were identified in the previous plan, have been undertaken and completed during the previous 5 years. These include:

- Dump point for recreational vehicles installed.
- EV charger installed.
- Road Safety improvements at Dibbs Street (stop sign) and changes to Failford intersection with M1. Sealing and drainage at Memorial Park and removal of old fence in roadway at the school. A 40 zone around the shopping area has approval but has not yet been implemented.
- Memorial Park – a new fence, removal of old play equipment, new War Memorial signage.
- New children's play area with little kid's bike track, BBQs tables and seating.
- Swimming pool - installed solar heating and security cameras.
- Planting of new trees around the Oval.
- Town Creek - removal of weeds, lining of creek bed with rocks and planting of native plants; installation of picnic tables and seating.
- Aub Ferris Complex - amenities block with canteen facilities, meeting room and undercover space; equipment sheds for MCC, Rugby and Soccer Clubs; and a water station.

It should be prominently acknowledged, that the funding for many of the projects, were donated by the Neighbourhood Centre using money raised by the volunteers at the Op Shop.

This new plan details our vision for tomorrow and beyond through priority actions based around the four heading below.

- STRATEGY 1 Protect and enhance our village charm (family friendly rural village)
- STRATEGY 2 Promote sustainable economic development
- STRATEGY 3 Enhance the natural beauty of the village
- STRATEGY 4 Actively encourage health, wellbeing and participation

A full copy of the Plan will be available on Nabiac.com once it is accepted by Council.

In the meantime, the Nabiac Futures Group is open to all interested residents with the next meeting being on 3rd April, 2024, 6pm at the Neighbourhood Centre building.

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Some informative TRIVA

"Stewardesses" is the longest word typed with only the left hand.

And "lollipop" is the longest word typed with your right hand.

No word in the English language rhymes with *month*, *orange*, *silver* or *purple*.

"Dreamt" is the only English word that ends in the letters "mt".

Our eyes are always the same size from birth, but our *nose* and *ears* never stop growing. (eke!)



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REAL KULTCHA

Confession is good for the soul I'm told but as somebody who has lead a blameless life - almost celibate - I wouldn't know. I have to confess however, I've been busier than a one-armed fan dancer or (and I like this analogy better, as it's a little less risqué) busier than a puppy with four children to chase! I've been so busy I haven't even had a chance to watch *The Super Bowl* yet and I even got an e-mail from a friend in Canberra (let's call him Max) during the match ordering me to *get out into the sun* as he thought I was watching it at the time! I'm so busy I even tried to hire my next-door neighbour this morning (he's a bit lame 'coz he fell off his motorcycle) to watch it for me but he mumbled something about needing to floss his driveway and limped off! It's difficult to find good staff these days!

The Galahs are in New Zealand at the moment and I seem to recall hearing this morning, they'd whupped *The Silver Ferns* quite handily. With a little bit of luck that, and the fact they didn't win *The Rugby World Cup* in France last year, might keep them quiet for a week or two. Mind you, they have a record of sulking over any loss and then, when presented with an opportunity for revenge, they tend to go over the top, especially if it's a weakened opponent they're presented with. And speaking of a weakened opponent, Oz Rugby is heavy into flagellating itself at the moment because not only were they pathetic in the same World Cup, but some who have their heads in the real world (as opposed to the academic twits who thought Eddie Jones was their saviour) now realise there is virtually no grass-roots to the sport and so no new players coming through! So bad is the situation in Oz (and on top of that there's little money coming in, very few reasons why money should be coming in and the credit card has been maxed out) they need to reduce the number of Super League teams (or whatever they call their comp this week) by one. If records meant anything *The Waratahs* (NSW) would be for the high jump. But no, *The Rebels* are to get the boot and they've just played and beat handily, both NSW and Queensland! Go figure. And just around the corner is the annual three match *Tasman Chainsaw Massacre* comp. Any of you want to put your hand up to play in *The Wallabies* against a very angry New Zealand team? Didn't think so.

Saw an item in the paper recently where the Rugby League boffins are keen (or possibly already have decided) to refer to the game exclusively as the ARL. This has been brought on by the plan to start this year's comp with a double header at the brand new Allegiant



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Stadium in Las Vegas in a week or two. It seems there is some Rugby played in the USA and when ever Rugby League is mentioned over there, the only game they seem to think of is Rugby. So the boffins have given up trying to explain to the Yanks the difference between the two games and have decided to only speak about the ARL and then encourage folk to come see the game. It might work and there is an upside - there are said to be still plenty of seats available in the Allegiant.

Couldn't let this slip by. *The Diamonds* (the Oz women's netball team) have just won the *Nations Cup* and they did it by humbling the *English Roses* by a score of 69 - 49. Ouch!

There's a fight brewing in Oz cricket, specifically the Big Bash comps as the ACT and the NT want in. The other states are aghast! The argument is that cricket in the ACT and the NT is growing and Manuka Oval is used regularly for major games so why not allow us to enter both the BBL and the WBBL? This has a way to run yet and could get nasty.

News in Brief: The first daughter of *Winx* has been listed for Australia's premier yearling sale, the Inglis Easter sale, at Riverside Stables on April 7-8;

Luke "The Nuke" Littler has just won the Bahrain Darts Masters. It's his first senior title and on the way he made darts history by becoming the youngest player (he's just 17) to throw a nine-darter in the World Series;

Have you ever played the falling-block video game Tetris, by Nintendo? Well, Willis Gibson has and he busted it! Willis is aged just 13 and he made it to what gamers call a "kill screen", a point where the Tetris code glitches, crashing the game and he managed it on level 157;

Lewis Hamilton has decided to move from Mercedes to Ferrari! It is thought the 39 year old will be paid in the region of \$A96 million a season;

The quote of the week and a smack-down for all those reporters who think they're so smug. *Kansas City Chiefs* coach Andy Reid was asked if he thought the Chiefs were now a dynasty: *'I don't know what a dynasty is. You guys have the thesaurus, so you can figure it out.'* Ouch again!

Talk at you again next month,

The Hillside Critic



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

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Sunny & Rosie



Some plants grow faster if they are played music. Researchers found the most effective music was 'Bat Out Of Hell' by the singer Meatloaf!

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INGREDIENTS LAMB

1.2kg	Easy carve Leg of Lamb
1/2 cup	Plain flour
1/3 cup	Olive Oil
1	Onion, white, chopped
1/4 tsp	Dried Chilli flakes
2 cloves	Garlic, thinly sliced
1 tsp	Allspice
1 tsp	Ground Cumin
1 tsp	Ground Ginger
1 tsp	Ground Coriander
1 tsp	Turmeric
2 tsp	freshly ground Black Pepper
1 cup	Vegetable stock
2/3 cup	Honey
2	Cinnamon sticks
2	Lemons
6	whole Cloves
8-10	Dried Figs

METHOD

1. Preheat oven to 180°C. Trim fat and sinew from lamb and cut into 4cm cubes. Put flour and lamb into a plastic bag, twist top and

shake until lamb is covered with flour.

2. Heat half the oil in a large heavy based pan. Add half the lamb and cook until all sides are golden brown. Remove lamb and set aside. Repeat with remaining oil and lamb. Put all the lamb into a deep, round casserole dish.
3. Discard all but 2 teaspoons of **oil from the pan** and add onion and garlic, then cook for 2-3 minutes over a low heat. Add chilli, allspice, cumin, ginger, coriander, turmeric and pepper. Stir, then cook for about 1 minute.
4. Stir in the stock and honey, add cinnamon sticks and simmer for 5 minutes. Shred the zest of one lemon, then cut lemon in half. Juice half the lemon and add juice to the pan. Stud the other lemon half with cloves and add to the lamb dish. Cut second lemon into thin slices and add to lamb. Pour stock mixture over lamb, cover then cook for 15 minutes.
5. Serve with the Couscous

INGREDIENTS FOR COUSCOUS

1 tbsp	Olive oil
1 cup	Instant Couscous
1 1/4 cups	Vegetable Stock
1/2	Bunch Coriander roughly chopped

METHOD FOR COUSCOUS

Heat oil in a medium heavy based pan. Add couscous, then stir for a minute. Add stock, bring to the boil and cook for 2 minutes, stirring with a **fork**. Remove from heat, cover for 5 minutes, add coriander, then stir.



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Jam-packed program for NSW Seniors Festival



The largest celebration of seniors in the southern hemisphere is on its way to the region.

MidCoast Council is putting on an abundance of different workshops, talks and game days between 11 and 24 March to celebrate our ageing citizens for the 2024 NSW Seniors Festival.

"This is a great chance to take the time to recognise our sensational seniors, who make up about one third of our entire population", he said.

For a comprehensive list of all the free activities, dates and times go to www.midcoast.nsw.gov.au/SeniorsFest

Circus tricks and culture at the MEC

Come along to the Manning Entertainment Centre to witness the groundbreaking Circa Cairns production of The Wet.

At 7:30pm on Friday 8th March the First Nations-led contemporary circus ensemble will wow the crowd, drawing on ancient stories in a dynamic acrobatic show.

Book your show tickets online

<https://manning.sales.ticketsearch.com/sales/salesevent/115348> or by phoning The MEC Box Office Tuesday to Friday 10am – 1pm on 6592 5466.

Life's never just about happiness, it's about meaning

We all suffer from loss and grief at some stage in our life, whether that's from losing a job or business, or health, mobility, fertility, to losing family, pets, your home or even one's sense of self and dignity.

All losses lead to grief in varying degrees for the person experiencing it.

International author and bereavement nurse educator, Karon Coombs has sensitively interviewed well-known people about their personal experiences around loss.

Join Karon as she talks about her book, The Grief Journey at Forster Library on Thursday 7th March from 2pm to 3pm. Copies of the book will be available for sale at the event.

Bookings essential: <https://library.midcoast.nsw.gov.au/author-talk-grief>

Learn all about towing safely

MidCoast Council, in conjunction with Transport for NSW, will address all your important caravanning questions in two upcoming workshops.

Own your own caravan but have questions about weight?

Wanting to buy your dream van but haven't much experience with towing?

Tow a van and have some questions about loading?

Council is hosting two workshops on safe caravan towing where you can ask questions and get the answers from the experts at Get About Training - Tow-Ed.

The interactive two-hour workshops provide information and demonstrations to support the safe loading and towing of caravans and trailers.

Council's Road Safety Officer, Chris Dimarco said the experts will be able to answer just about any towing related questions.

The free workshops will be held at Council's Administration and Customer Service Centre at Yalawanyi Ganya, Biripi Way Taree on Friday, 8th March, 2024.

The two sessions start at 1pm and 5pm and seating numbers are limited so bookings are essential.

Reserve your place at one of the two workshops by registering online at Council's website and follow the links.

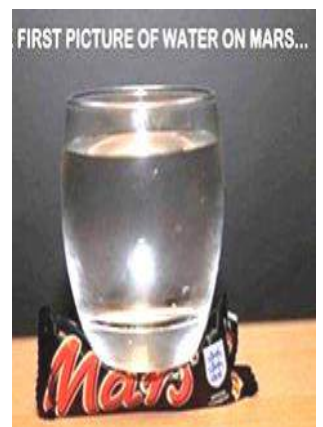
If you would like any further information or do not have access to the online registration, please contact Council's Road Safety Officer on 7955 7777.

Services NSW

Did you know that since December last year, everywhere smoking is banned, vaping is too?

The ban includes areas such as shopping centres, cinemas, public transport stops and platforms, outdoor dining areas, sports grounds, playgrounds and **many other spaces**.

On the spot fines can be issued for breaking the smoking bans.



Health Message

As I was lying in bed pondering the problems of the world, I rapidly realized that I don't really give a darn.

It's the tortoise life for me!

1. If walking/cycling is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water, and is fat.
3. A rabbit runs everywhere and only lives 15 years.
4. A tortoise doesn't run and does nothing, yet it lives for 450 years.

And you tell me to exercise?? I don't think so.
I'm retired. Go around me!

A couple were Christmas shopping. The shopping centre was packed - as the wife walked through one of the malls she was surprised when she looked around to find that her husband was nowhere to be seen.

She was quite upset because they had a lot to do. She became so worried that she called him on her mobile phone to ask him where he was.

In a quiet voice he said, "Do you remember the jewellers we went into about five years ago where you fell in love with that diamond necklace that we couldn't afford, and I told you that I would get it for you one day?"

The wife choked up and started to cry and said, "Yes, I do remember that shop."

He replied, "Well, I'm in the pub next door."

Most people are at the age where they are using their phones to document the good times in their lives.

I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

My wife yelled from upstairs and asked, "Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they're stabbing it?"

I replied, "No..."

She responded: "How about now?"

Hope my churchy friends are not offended by this one





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When the nudes in Michelangelo's Sistine Chapel paintings were considered too shocking another artist was asked to paint clothes over the offending parts! (wonder if they were ever returned to their original state or was a master piece altered forever?)

GOOCH

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Welcome to Deb's Gardening,



The joys of renovating - I now have the internet back on and my computer set up in a little corner of a make shift lounge room. So I am able to get back to Debs Gardening. I know it has been a while since my last edition but it's good to be back typing away. The kitchen, bathroom and toilet are all outside so I am constantly living with mud and dirt everywhere. I am not complaining as our builder informed me *No mess, No progress*. I guess this will be my life for the next 6 months until the renovation is complete. My only grime is the fact that the builders love to put material right along the borders of my gardens and a lot of it is heavy timber, steel and just rubbish that I can't lift by myself to move and tidy up, so it is left for the long grass to grow through and around it. Something that I have to work hard at ignoring.

This season has been hot and humid and the vegie garden has had a few failures but a lot of successes and considering not a lot of time has been spent in the vegetable garden, as the reno and having the grand-kiddies over the summer holidays took up a lot of my time, I have still been able to put a lot of vegetables and salad on the make shift table.

One important task I have been keeping up is the composting and mulching, as it is an important resource for the garden and what keeps the garden growing and soil healthy. Healthy soil, healthy plants. So I would like to touch base with the fertility of the soil.

The fertility of the soil is an organic gardener's preoccupation and its enrichment, without the use of chemical fertilisers, a constant task. The best all round fertiliser is compost, which contains so much valuable organic matter. So it is important to make as wide a mix as possible of material which contain as many as possible of the elements soil needs for maximum health. A cake can only be as good as the ingredients.

It is important also to keep the correct acid/alkaline balance of the soil as shortages of calcium, copper, zinc and molybdenum show up on acid soil and shortages of iron, manganese and boron on alkaline soils.

The Nutrients plants need to find in soil-

Nitrogen is necessary for leaf growth. Nitrogen is a major component of chlorophyll, so without an adequate supply of it the complicated process can all break down.

Green leaves and stems, seaweed, hay, fowl manure, feathers, urine, blood and bone meal, grass clippings are all rich in Nitrogen.

Signs of deficiency - The plants are weak and stunted; leaves limp and yellow.

Phosphorus does not leach out of the soil but if the soil is too acid or alkaline it keeps the phosphorus insoluble and so quite useless as plant food. To help release it, add compost to the soil, correct the pH balance and keep up a good mulch so that there are plenty of soil organisms at work. Ground phosphorus rock scattered over the soil will help.

Blood and bone meal, chook, pigeon and pig manure, Egg shells, ground phosphate rock are all rich in phosphorus.

Signs of deficiency - Poor root development with stunted growth and bad-looking leaves

Potassium supply must be steady as it is needed to help plants to digest food, and it leaches away easily. If the soil is too acid it becomes



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insoluble and of no food value.

Seaweed, wood ash, green leaves and twigs, animal manure and bone meal are all good sources of suppl. Permanganate of potash, chamomile, nettle, dandelion all contain some too.

Signs of deficiency - Weak stems. Limp leaves

Calcium is needed to build strong cell walls

Lime, dolomite, wood ash, chives, chamomile, dandelion, nettle and comfrey all contain calcium

Signs of deficiency - Tips of new shoots wilt, leaves curl and become discoloured. The soil is too acid.

Magnesium is needed to keep up the supply of chlorophyll.

It is found in dolomite, Epsom salts, dandelion and parsley.

Signs of deficiency - Older leaves turn yellow and fall.

Sulphur is needed for the formation of chlorophyll

It is found in nettles and other organic matter.

Signs of deficiency - Stunted yellow leaves, Trace elements needed

Manganese is for the formation of proteins and chlorophyll.

It is found in compost, wood ash, saw dust, horse manure, permanganate of potash and dandelion.

Signs of deficiency - Young leaves turn yellow

Copper and Zinc needed as enzyme activators

Copper is found in nettles and yarrow. Zinc is found in corn stalks

Signs of deficiency - Leaves become mottled and yellow. The deficiency occurs most frequently in acid and sandy soils.

Boron is needed to regulate the plants use of nitrogen

It is found in horse manure, sawdust, compost and wood ash.

Signs of deficiency - Stems become yellow and break, buds rot. Citrus fruit becomes brown and soggy in the centre. The deficiency occurs most frequently when soil is alkaline.

Molybdenum is needed to prevent growth deformities

It is found in horse manure, sawdust, compost, wood ash and corn stalks.

Signs of deficiency - New growth is distorted "whiptail" in brassicas is a sure sign.

When I was starting out, I learnt all this go to information to help me understand the elements for what is needed to build up soil health.

The mistake that has been made in the past has been to think of the plant as requiring food and assiduously feeding what we thought was needed while completely neglecting the needs of the soil; it's a case of first things first: feed the soil, for the plant will get what it needs in the form that it likes and can easily digest.

There can be no life without soil and no soil without life.

Well it's time to get back to my new role as Tradies Assistant.

Until next time

Deb

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DYERS CROSSIG LANDCARE GROUP

The Dyers Crossing Landcare Group met for the first time in five years on 5th February in Firefly. It was an inspiring meeting, with plenty of ideas to spark future events.

New and Old members connected over shared landholder issues. DCLG founder, *Les Roberts* also came along and offered much wisdom.



It was encouraging to receive messages from people who couldn't make this catch-up but are keen to come along to future events.

The theme "Successes and Mistakes" shaped the meeting. We have a wide range of knowledge and skills amongst us, including natural weed management, regenerative agriculture, reforestation expertise; beef farming; vegetable farming, so we had plenty of info to share.

We discussed:

- Giant Parramatta Grass & crown rot fungus
- Setaria
- Mulching & slashing; pros and cons
- Keeping moisture and nutrients on our land
- Implications of zoning changes in our area, which may result in land division.
- The changing shape of farming and land management with the increase in smaller land size and increase in horses.
- Resources available through Landcare Membership

Successes included:

- Doubling numbers of cattle head on a beef farm, after implementing strategies from Brian Wehlberg's Holistic Management consulting.
- Using chickens to prepare soil for a garden bed
- Setting up good fencing at the outset
- Using compost tea to improve outputs

Mistakes included:

- Not managing weeds effectively; allowing too much spread through slashing etc.
- Digging a hole with the auger, into clay soil to plant trees
- Lack of using compost teas to bring life into soil
- Using fertilizer and other inputs, without paying attention to soil health; and encouraging biology.

Recommendations included:

- The Holistic Management course, coming soon to Krambach
- Permaculture course with Brett Cooper at Limestone Permaculture
- Future guest speakers: Biological inputs.

The next gathering is at Dyers Crossing on 25th March. Address TBA closer to the date. The main topic will be looking at the range of grasses on this property, setaria and pasture improvement. The property owner is excited about their upcoming consultation with an agronomist, and we'll be discussing recommendations from the agronomist at this meeting.

Also coming up will be a visit to a 2000 acre beef farm in Krambach, to learn about the success of managing the land holistically. Date TBA soon.

We have just spread crown rot fungus at our place, so we'll keep you posted with the progress of managing the Giant Parramatta Grass.

I am looking forward to the next meet-up!

Membership: email **Joel Dunn**: joel.kgl.landcare@gmail.com

Thanks **Laura Pennington**.



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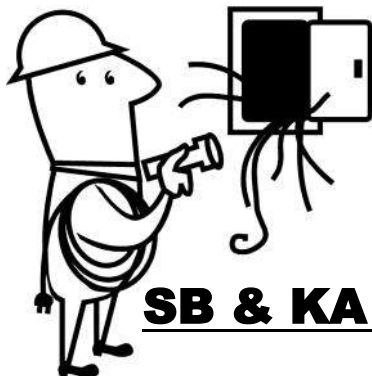
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*Jesus is not here
He has risen
Jesus is alive
Alleluia*

Nabiac Village Community Church Easter Service Times

Good Friday: 9.00am

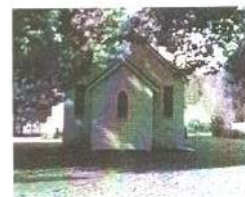
Easter Sunday: 10.00am

44 Nabiac St

Nabiac 2312

6554 1212 0411 272 238

(nabiacunitingchurch@gmail.com)



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

March Mass times are Saturday 2nd at 6:00pm, Saturday 9th at 6:00pm, Saturday 23rd at 6:00pm & Saturday 30th at 6:00pm

April Mass Saturday 6th 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**
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Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

March Mass time is Saturday 16th at 6:00pm

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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
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Essential Energy - Power outages	132 080
Police	131 444
FAWNA (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

What an exciting month. Once again our wonderful NABIAC show is here.

Hope everyone is considering entering something, or volunteering some of their time.

Also, we finish the month with an early Easter.

Let's all stay safe, eat plenty of chocolate and spend precious time with family and friends.

Happy Easter to everyone.

Now for the saying of the month

"Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring".

Belinda, Barb & Jess ❤️

Wanted: Euchre Players

We play every Thursday night in the old Catholic School Centre at Krambach. We start at 7:00pm and generally finish about 9:30pm. 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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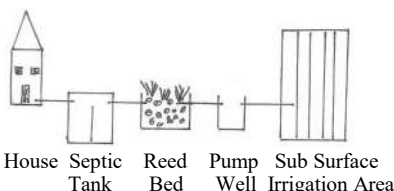
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Lance **Fletcher**, Blackbutt Drive, Failford on: 0409 850 671

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

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