



Editorial.

Hi all,

Wow, blinked twice and the month went!

The weather is so changeable that Γ have both summer and winter gear out and most nights a woolly rug and hopefully, a lap full of heavy, warm cat to keep me comfortably heated.

Luckily the weather seemed to have held for ANZAC Day marches up here. I didn't attend a Dawn Service, but woke just as dawn was breaking at 6am, so quietly reflected the moment looking out of the window as the mist cleared. It was "a moment".

Busy month ahead of us with both Bunyah and Krambach having Country themed events on.

Bunyah Hall is having what sounds like a 'knee slapping' country hoedown dance to raise money for their hall and Krambach Hall is having their quarterly Country Music afternoon to raise money for their hall. Details on pages 7 and 11.

We have a new hairdresser opening in Nabiac, so the ladies will be able try her out now that Shaz has retired and, as I am sure Barb has been run off her feet trying to accommodate the overflow, she will now be able to relax a little.

Nabiac Farmers Markets are 21! I remember them starting just after I moved up here and haven't they grown? Congratulation to the coordinators for creating a very successful monthly event for Nabiac.

With all the showers/downfalls that we have had during the month the paddocks look lush and green again, especially those that have managed to get mown. Mine, sadly, is still waist high as it is still too wet to mow with a ride on. Have whipper snipped a bit only to end up covered in those miserable little grass ticks that itch dreadfully. The hot, wet weather seems to have brought the breeding season on early. From Liz Rees's report, the mozzies are rife as well.

Of course, must include a Happy Mothers' Day wish to all the mums, Mothers, in the district, be you mum, a special "second" mum to your kid's friends, or someone who is loved by people who think of you as a "mum" for your kindness or special relationship with them.

Last year I used the spelling MOM and was ticked off for using 'Americanisms", which I don't normally do, so made sure the spelling was correct this year.

For those who still post letters, stamps snuck up 30c to \$1.50 at the beginning of March!!!!

Until next month, keep well & warm and stay happy Lyn & limidthy



WHAT'S HAPPENING IN MAY, 2024 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)	12^{th}	9am to 1.30pm
•	Wingham Farmers	(1st Sat)	46^{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)	25 th	8am to 12 noon
•	Old Bar	(Last Sun)		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 Mor	*	8am to 2pm
•	Mt. George	(4th Sat)	25 th	8am to 2pm
•	Forster Farmers Marke	t (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.

ALL ART WORK IN JPG ONLY

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

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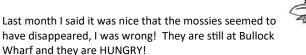
Bumblebree Drafting



0413 53 2226

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

Nabiac Landcare



It's been a busy month for our Nabiac Landcare team. In addition to our Wednesday weeding bees we were at the Nabiac Farmers Market 21st birthday bash. It was a beautiful sunny day, the markets were buzzing and fortunately the mossies must have stayed at Bullock Wharf. We had a great time chatting to locals and visitors and giving away local trees and the locally produced Garden Escapees weed book. A big thank you to the MidCoast Council nursery for the trees and local Landcare coordinator, Joel Dunn, for his help. We also had a display of local garden escapees that are weedy in our area. These generated a lot of questions and discussion.



This month's weeds of note are on repeat, just a reminder because they are more visible at the moment. Golden or Chinese raintrees (Koelrueteria elegans subsp formosana) are covered with rose pink papery seed capsules. These small trees were popular as feature trees and street and car park plantings in the local area. Their weedy potential has been recognised in

Queensland and they are beginning to show up in the local bush and in neighbourhood gardens. If you have one in your garden be on the lookout for seedlings. They pull easily when small but grow very fast.

The other weed that I'm watching for is blue potato vine aka. Brazilian nightshade (Solanum seaforthianium). This hardy vine has large deeply lobed grey green leaves and flaunts showy bunches of bright blue violet flowers. Its fruit mature to bright red berries that are very attractive to birds. Quoting from NSW Weedwise:



Brazilian nightshade:

- ♦ is toxic if eaten
- ♦ smothers other plants



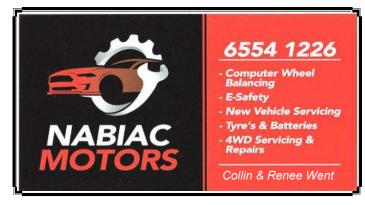
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- ♦ invades forests, riparian areas, roadsides and gardens
- \Diamond can host disease for solanum crops such as eggplants.

Invasion and establishment of exotic vines and scramblers has been identified as a key threatening process for many vulnerable and endangered species in NSW. Brazilian nightshade is one of the main species listed as a threat.

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.

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

Check the pictures on the Nabiac web page issue to get the colours



& FRIDAYS

Latest NEWS!!!

We now have a colour scanner: Bring in your old photos & scan them to a thumb drive or DVD

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 help with computer & mobile phone software problems - Word, Excel, PowerPoint, Publisher, emailing, searching the internet.

We also do copying, printing, (20c a side A4 black & white) laminating, scanning & binding.

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, Stewart, Jillian and Sheila.

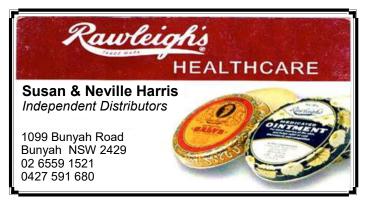


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Between the Pages Nabiac Library News

elcome to our Nabiac Library News for May, 2024. The autumn freshness is in the air, with cooler days and nights, lovely autumn colours and swarms of mossies for some inexplicable reason! If you can avoid the mossies it is a fabulous time for getting out and about, enjoying

our beautiful environment or getting down and getting dirty in the gardens; weeding, pruning, clearing and planting your winter crops. By the time you are reading this article, Anzac Day will have been commemorated for another year, school holidays will be over and Mother's Day will be the next event on our celebrations calendar.

ANZAC DAY

Reflecting on ANZAC Day, our Library Coordinator, Yasmine, had created a display wall to showcase books associated with the day. This inspired some of our members to locate and read a memoir by past local identity Elliot McMaster who wrote about his experiences in WW2. In this recollection titled 'My War Experiences, Friendships, and Three And A Half Years As A POW', Elliot describes his active service during Malayan campaign: his experiences in Changi and on Burma-Thai railway, liberation and return to Australia. It is a truly moving and personal memoir and refers to many local families and places. Well worth a read. Lest We Forget.

SCHOOL HOLIDAY CRAFT

Nabiac Library hosted a children's school holiday craft activity on Tuesday 23rd April with the task of making a beautiful straw mobile. Four









children attended and were ably led by the talented Siobahn and Yasmine in what was a quite complex construction. Here are some photos of the creations.

Huge range of stock

The goal.

Working hard

Siobahn guides you

Finale!! Well done!

Fittings/valves

MOTHER'S DAY

This special day on Sunday 12th May celebrates all the amazing things mothers do for us and is an important chance for us to create a special gift or cook a meal or bake a treat to thank our Mums. Better be quick to get into Nabiac Library for inspiration before it's too late.

READERS CHOICE

Saturdays 7am to 12noon

This month's reader's choice focuses on Maya Linnell. Maya writes Australian rural romance. Maya Linnell grew up in a small country town, climbing towering gum trees and reading her way through her family's bookshelves before discovering a never-ending supply of novels at the local library. She found her feet in journalism, working at a rural newspaper before segueing into public relations and now fiction writing and blogging for Romance Writers Australia. Her first novel, Wildflower Ridge, was published in 2019. Bottlebrush Creek is her second novel. Maya currently lives in rural Victoria with her husband and three children. Wildflower Ridge, is shortlisted for 'Favourite Debut Romance Author', 'Favourite Australian Romance Author' and 'Favourite Small Town Romance' by Australian Romance Readers Awards 2019.



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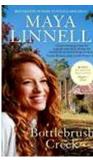
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Her Wildflower Ridge series follows a family of sisters' lives and includes the following:











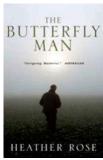
A fabulous easy rural romance read! The lives of the sisters and their achievements are an indulgence in escapism.

Looking for something with a bit more grit and in depth insights, check out the following by an award winning Australian author *Heather Rose*. Thought provoking and well worth the read.

Have you got a book or favourite author you would like to see featured in Nabiac's Library News in Across the Fence? Come in and let our friendly Saturday volunteers know and we will do what we can.

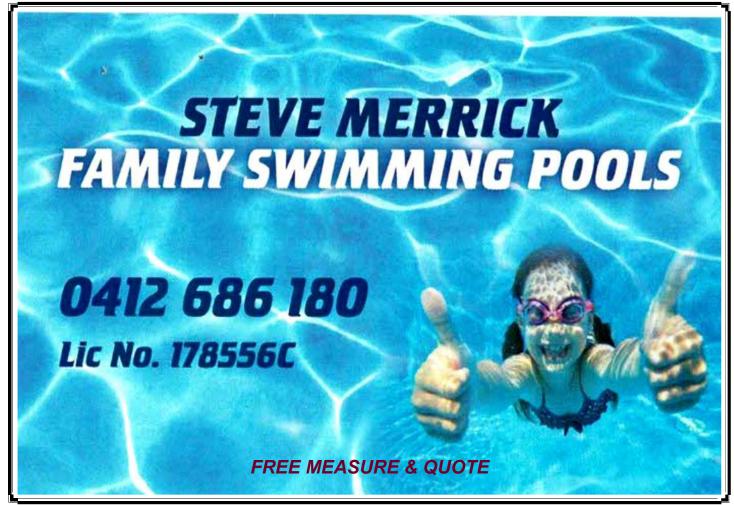
We look forward to seeing you at our historical Nabiac Library in the Nabiac Showground at 44 Nabiac Street Nabiac. We are currently open with the following hours:

Monday and Tuesday 3-5pm
Thursday and Saturday 10-12Noon











MINIMBAH MATTERS



Minimbah Rural Fire Brigade understands and

appreciates the significance and importance of ANZAC Day, and obviously, so do the Teachers and Students of Nabiac Public School. They run a very tight, yet welcoming, ship at their Dawn Service, which appears to be drawing a larger crowd every year. Everyone at that school deserves to be applauded and the school leaders given a very special mention for an excellent ceremony this year. Thank you.

Your Bush Fire Survival Plan can be quite simple, or quite complex. Either way, it needs to consider your entire family. Yes, the entire family. Anyone who has a pet, be it a cat, dog, horse, or bird, would consider them as part of their family. 500 head of cattle may be stretching things a bit, but they all need to be considered and planned for, when making your Survival Plan. The RFS aren't the only ones who promote this fact. The *Hunter Local Land Services* (LLS) are likeminded when it comes to animals and birds.

Each Monday during May they are running a series of **FREE** online *Emergency Preparedness for Animal Owners* workshops, which means you don't even have to leave the house. If you are in your pyjamas and are eating a toasted sandwich, we won't tell. Just don't miss it.

The LLS have given us permission to publish and share the following information, which is taken from a leaflet they produced.

ONLINE: Emergency preparedness for horses, pets, livestock and landholders





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When:- Mondays in May, 7:00 - 8:30 pm 6 May: Connecting with the tech 13 May: Understanding our risks 20 May: Mapping what's important

27 May: Testing our plan
Location:- Online – BYO drink and snacks!

Contact:- Heidi Chappelow

Hunter Local Land Services 0475 573 740

Do you have a plan for your animals, as well as your family and farm? This workshop will help you upgrade your property preparation plan in a friendly environment.

With changing conditions, it is important to be prepared for fires, floods and other emergencies. Register now to learn, share your experience and get better prepared.

We understand it's hard to get off the farm so we are delivering these workshops as a convenient online series.

On **MONDAYS** in **MAY** this four-part series will give you the opportunity to work through your animal's emergency plan, ask questions and interact in a relaxed, online setting.

Register via the link: https://www.lls.nsw.gov.au/news-and-events/events/h-events/emergency-preparedness-for-horses,-pets,-livestock-and-landholders-online-session-1 or **Phone Heidi** on 0475 573 740

What are you planning on doing tomorrow? Burning a pile of sticks perhaps?

Well, one of today's job will be to give at least **24 hours'** notice to your neighbours

and the NSW Rural Fire Service.

www.rfs.nsw.gov.au/notify

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News from Muse

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

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

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

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

Over the past 20 years Gemma has been working internationally as a custom tattoo artist during which time she picked up influences from cultures around the world.

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

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

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

Thank you for supporting Muse and our local artists

Janice Oance

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Nabiac Memorial Neighbourhood Centre Association



As reported in the April edition of ATF, the Neighbourhood Centre, using funds raised through the Op Shop, made a formal offer to Mid-Coast Council to fund additional seating around Town Creek as well as providing shade covering to the existing seating.

Our original proposal was for shade sails, however the Council raised its concerns about their long term maintenance and the experience of shade sails having a detrimental impact of grass growth.

After further discussions and suggestion by both parties, an excellent outcome has been achieved with a proposal that will complement the available space around the Creek.

The two existing seats on the eastern side will each have individual shelters constructed over them. They are minimal in design and will ensure the area continues to present as a relaxing green space even in the height of summer.

In the approximate location of the existing rubbish bin on the western side, a shelter matching in style the ones located around the children's play area near the tennis courts, will be installed.

One of the principal objectives of the new shelter is to provide a comfortable and suitable seating area for those with mobility issues. Access for wheel chairs and walkers will be achieved by ensuring that the concrete pad upon which the shelter will sit, starts flush with the existing footpath

The table to be enclosed within the structure, will be designed to have an overhang of 450mm at either end for comfortable positioning of a wheelchair thereby allowing full engagement with the rest of the

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- •Large animal burial
- •Farm equipment maintenance & repair

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table.

Regular bench seating will be positioned along each side. The existing rubbish bin is to be located to a yet to be determined position.

We look forward to progressing this project that will benefit both the local community and the many visitors who choose Nabiac as a great place to visit.

Town Creek

While we work to enhance the amenities around Town Creek, it is disappointing to see the weeds, wild tobacco and small casuarina trees that are returning to this very visible section of the Creek in the heart of the Village.

Having undergone a major transformational project with clearing, landscaping and plantings only a few years ago, to see the visual benefits of that project disappearing is disappointing.

On the front page of the MidCoast Councils web site, there is a section headed "Request a service or report an issue". It has been set up by the Council for the very purpose of highlighting and reporting issues such as this.

Town Creek needs a few friends to let Council know that it should retain a prominent position on their maintenance schedule.

Colin

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WALLAMBA CWA REPORT

pril was an exciting time for Wallamba CWA ladies. Our April meeting had an attendance of 9 members with 4 apologies and included President *Margaret*, who was on an enjoyable holiday with husband *Bruce*, so our meeting was chaired by Vice President *Merle Barber* and opened with the usual formalities.

A minutes silence was held to remember family and friends including Merle's sister *Norma*, local Krambach identity *Carol Sultana*, Pam's friend *John Boyling* of Wingham and *Penny's* friend *Gavin Williams* of Forster, a member of Forster SLSA and nephew of *Louisa* and *Allan Callins*.

Vice President Merle presented the thought for the month as follows:

"A friend is one of the nicest things you can have, and one of the best things you can be".

Members were to have catered for a local funeral during April but this did not happen.

Many thanks to Penny for her generous donation of our new CWA Banner which went on display after the meeting and again when we welcomed the visit by NSW CWA State President *Joy Beames* on the 16th April.

The Plaque commemorating the 100 years of NSW CWA and Wallamba's 60th Birthday has been installed in the Nabiac Public School's garden near the mandarin trees presented to the school for the occasion.

A number of items of correspondence – in and out – were dealt with including Birthday invites to Bulahdelah, Forster, Gloucester and Wingham Branches. The birthday celebrations went off well and a happy time was had by all.

Treasurer Jenny was unable to be present at the meeting but sent through her financial reports for presentation to the members. Our Handicraft Officer, Fay Anderson gave us her report and encouraged members to start thinking about what they could do for next year's State Conference by way of knitting or crocheting.

Cookery Officer Jean Price spoke about 2025 Cookery Competition, which includes a light fruit cake containing 750 gms of mixed fruit cooked in a 20cm square tin preferably with



shape corners. Jean advised all to read the schedule and useful hints from the judges.

International Officer *Pam* presented an article on "20 of France's Most Famous People", some we knew as they had shaped history not only France but the whole world.

Beth in her Agricultural and Environmental report spoke about Fungi from a book written by gardener Don Burke – absolutely fascinating how they grow. Two fungi mentioned were the Potato Blight in Ireland 1845-1951 and another from which penicillin is isolated. Fungi are important in fermentation and food processing – enjoy your beer and cheese.

Members spoke about plans for State President Joy's upcoming visit on Tuesday 16th April for afternoon tea, after visiting Bulahdelah Branch for morning tea/lunch.

Joy's visit went off very well. 7 members from Wallamba, together with Jean's husband *Kevin*, and 4 from Forster gathered at Nabiac Uniting Church Hall to welcome our State President Joy who was accompanied by Mid North Coast CWA Group President *Rhonda Merchant*, a member of Gloucester Evening Branch.

Long time member *Pam Muxlow* welcomed President Joy on behalf of the members and thanked her for the visit. State President Joy then invited members to speak about their time as a CWA member before she gave all an insight to her role and an outline of the upcoming State Conference to be held at Coff's Harbour this month (May), at which Wallamba will have 2 delegates in attendance.







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Afternoon tea concluded the visit with Joy, with a number of photos taken, before Joy having to move on to Wingham Branch and meet their members.

The next meeting of Wallamba CWA Branch will be held on Tuesday May 14th commencing at 10.00am at our usual venue the Nabiac Community Village Church (Uniting Church) opposite the Showground Hal in Nabiac.

Pam Muxlow-Wallamba CWA Publicity Officer

Bunyah Hall's Country & Western Hoedown

It's a Country and Western theme dance night. We have booked Peter Hicks and Kev McDonald from Country Dance Revival

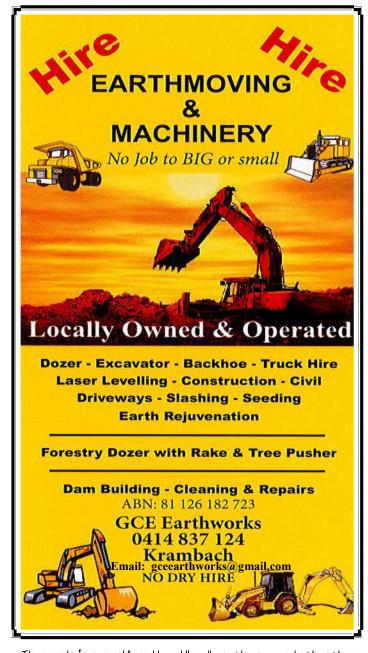
They play old school square dance/country western music, like Jonny Cash, Slim Dusty, Waylon Jennings and are quite well known and popular in the Gloucester area.

There will be prizes on the night for one lucky person walking through the door with our lucky door prize ticket; also a best Dressed prize.

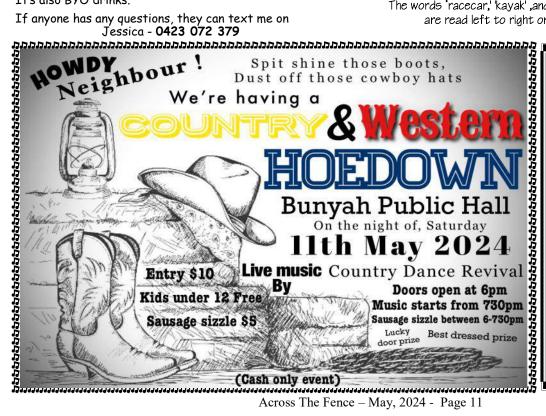
All donations are welcomed. All donations /proceeds go back into the upkeep of the hall and to help with continuing providing dance nights for everyone to enjoy in the area.

It's also BYO drinks.

If anyone has any questions, they can text me on Jessica - 0423 072 379



The words 'racecar,' 'kayak', and 'level' are the same whether they are read left to right or right to left (palindromes).





Nabiac Second Chance Opportunity Shop

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News from Nabiac Second Chance Op Shop

Wishing all the amazing mothers a very Happy Mother Day on Sunday the 12th May.

Hope you all have a wonderful day with your families.

I would like to take this opportunity to welcome *Peter Clifford* as a volunteer in the Shed. We hope you enjoy working with us all and have some fun.

We now have 39 volunteers through the Op Shop and Shed. This is just wonderful.

The History of Nabiac and District.

These books are still available from Nabiac Op Shop and the Shed Cost is \$30.00. If you are interested in purchasing a book, please come in to get one. All profits from the sale of this book will be going back into the community.

Amenities for Staff Only.

The amenities at the Op Shop are not for Public/customers use. There are public toilets just over the road next to the tennis courts and that is where you will be directed.

Please do not ask as refusal may offend.

Recently we had blocked toilets and what was found that caused the blockage was not impressive at all.

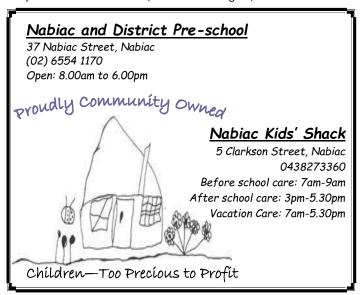
Future Projects for the Community.

Continuing with our previous contribution of the tables and seating around the Town Centre Creek.

Another table with seats will be installed with a shelter. This seating will be wheel chair friendly, providing easy access to visitors living with disabilities.

There will be shelter over the other 2 tables on the eastern side of the town creek.

With this area being perfect for travellers to stop at and have a break, something to eat and sit. It's for the community as well. The Town Creek was looking lovely when it was finally cleaned up. As you know at the moment, and we can all agree, the creek needs



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some much needed maintenance. We all can help with getting it cleaned up again and to have it regularly maintained.

So in saying this, we as a community can have a say. There is a section on the MidCoast Councils website where this is possible.

Please go to following website and submit a request.

www.midcoast.nsw.gov.au/contact-us/report-and-request
The more requests the better the outcome. We all have to agree
how much a difference it made when it was first completed. They
really did do a great job and it's a shame it has become the way it is
at the moment.

Flooding is a major concern and if it is left too much longer it could be a problem.

Kind Regards

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



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.





JOIN THE CONVERSATION

Nabiac Showground Hall 6 - 7.30pm Thursday 6 June



FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations.



midcoast.nsw.gov.au/conversations

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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 25th May.

The Sun shone on the April market, as we celebrated 21 years since the market was founded by Helen Smith, who we are truly thankful to, for leaving this impactful legacy to our community.



Volunteer Geraldine and three of the stallholders, Petra (Gingerbread), Lyz (flowers) and Pat (Good OI Mum's preserves) were there for the first market in 2003 and proudly cut the 21st anniversary cake today. There was free cake for all today!

It was a fun and busy market day, with stallholders recording excellent sales again.

The free face-painting was a gift from the Nabiac Farmers Market committee and was popular!

People loved engaging with our guest stalls: Nabiac LandCare, "DONKS", The Native Bee Association, Greenbikes and 2-BOB radio.



New stallholder, "Little Farmers' Farms" had a great first day.

Nabiac 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

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*live music



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 next market on Saturday 25th May.

nfmcoordinator@gmail.com

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









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News from Nabiac public school

We hope everyone had a safe and enjoyable break. We're excited for another fun filled, busy term.

Last term students enjoyed a fabulous excursion to Tocal Homestead. The volunteers at the homestead ensured students experienced many aspects of rural life in the 1800's, including how a household was managed, how to set a table, how food was farmed and then prepared in the kitchen and much more. *Harry*, the Clydesdale horse, was very popular with the students, and he loved taking care of everyone's apple cores.

On the last week of Term One we held an out of uniform day – *Future Me Dress Up Day*. The children dressed up in an array of careers including many trades, lawyers, professional sports players, nurses, teachers, etc. The students had so much fun, and we enjoyed seeing what the students aspire to be.

During the holidays the Nabiac Public School leaders held the responsibility of leading the community of Nabiac through the ANZAC Day Dawn Service. Our leaders spoke with pride and respect, and received many lovely comments from community members about how well they ran the service. Later in the day, the leaders led the whole school in the ANZAC March through the centre of town to the ANZAC Day Service. Miss *Brace* led the school choir in singing, "Lest we Forget".

A big thank you goes out to parents who assisted with having students there on the day, as well as local businesses who contributed to the morning, including the DONK club for cooking the Dawn Service BBQ.

We have a busy start to the term with many Sports Trials and Zone Cross Country in the first 2 weeks. We wish them the best of luck and hope they have fun!

On May 9th we will hold our annual Mother's Day Breakfast and Assembly. Breakfast starts at 8:15am followed by the assembly at 9:15am. We look forward to celebrating our mums, grandmothers, aunties and all the special women in our lives.

Our next <u>P&C Meeting is Monday, May 13th at 6pm in Mr *Tickle's* room. Come along to have your say and help out. All welcome!</u>

Amelia Bridge

School Administration Officer



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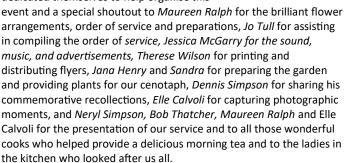
OUR EXPERIENCE 🧑 YOUR IMAGINATION

NEWS FROM BUNYAH

A huge thank you to all who attended our Community ANZAC Day Service at Bunyah Public Hall.

Your presence and your compassion in honouring the fallen and those returned truly made our commemorative service extremely heartfelt and special.

Extreme appreciation to all those who dedicated themselves to help organise this



" Lest we forget "

Note* We have a newly formed Facebook group - Bunyah Public Hall And a reminder of our Country Western dance on the $11^{\rm th}$ of May

Jessica McGarry

Vice president Bunyah Hall





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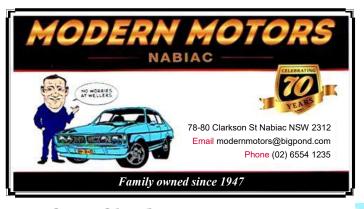
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Our Grey Ghosts - Have been on the road again

way to Tamworth to visit some not so well friends. Usually we go via Port Stevens cutting but with a van, not so young anymore and narrow winding road, we went via Walcha. All good and after some days here, on our way.

To get to our eventual destination, Quandialla, we use the Oxley to Gunnedah, Coonabarabran and sleep at Gilgandra. Been here before at the *Rest Awhile van park*, cheap, clean and plenty of hot water; catch the courtesy bus to the RSL. Great food. Overnight at Warren, onto Nyngan. In the car park met a crew of dedicated folks who journey through the state providing assistance to small village tennis clubs under the watchful eye of tennis great Mark Edmondson. Evonne Gooloogong's brother was part of the crew we met. Onto Tullamore. Not much here, perhaps 350 souls who run the annual *Irish Festival* Easter long w/end..camped at the Showground for \$20. Good bot showers and the pight was DAPK. No stars or

annual Irish Festival Easter long w/end..camped at the Showground for \$20. Good hot showers and the night was DARK. No stars or street lights on the edge of town and no lights visible in the village. Cotton harvest is nearly complete in the west and the multi coloured round bales are in stark contrast to the rich red soil. Each bale weighs around 500 kg and worth around \$700 depending on the season. Hundreds are visible from the road which is scattered with small balls of cotton blowing in the wind.

A couple of days, as we are a little early, at West Wyalong. Could live here. Have experienced the welcome the west offers so many times. Nothing is a trouble and always a nod from folks you pass in the street or a chat in the op shops we seem to frequent on so many occasions. Two days here at the Showground then onto Henry Lawson's birth-place, Grenfell.

Very old town with many buildings built in the late 1800's. Sadly, as with many western towns, several empty shops, but those that are operating are doing well. Centre for the grain industry here with canola already planted and barley and wheat going in now. Hundreds of kms of prepared paddocks as you drive so how much is not visible, boggles the mind.

Over to Quandialla for ANZAC Day. Probably 100 souls here now, a far cry from the days when SWMBO lived here all those years ago.



dribs 'n drabs soon had some 60 folks in the street from outlying stations watching our small group march to the beautifully restored large hall. (which still has the original carbon arc movie projectors in situ upstairs).

A very moving service conducted by the senior school students

One car in the Main Street didn't

look good to begin with but in

A very moving service conducted by the senior school students (total students including year 10 is 26, great school) Was impressed that they all knew the second verse of our National Anthem.

Lunch at the pub, back to Grenfell via Bimbi cemetery and wake

next morning to 2c° and scrape ice from the windscreen before 9 hours home and *Nabiac bread, Yum!* Worth the trip.





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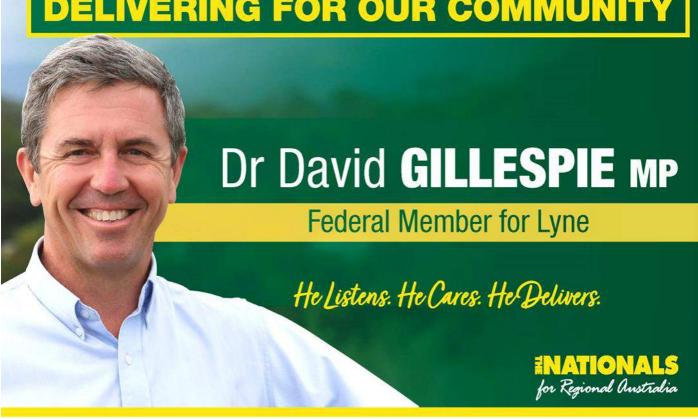
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REAL KULTCHA

OK, where to start? Well, the *JackJumpers* won the NBL title. Who? What? You want a translation, I suppose. Well, the NBL is the National Basketball League and if you're into that sport (I'm not, I think it's silly, like Rugby and synchronised anything) then you'd also know the *JackJumpers* (yep, it's written as one word with a capital in the middle and I have no idea why) are the team from Tasmania. Oh, and just so you know, *JackJumpers* are some kind of ant down there. Now you know – go forth and prosper.

And speaking of Tasmania raises the issue of the new AFL team *The Tasmania Devils*. What has happened? Well, the election took place and now silence pervades all! The Club was launched and many, many folk joined but the issue of the new stadium is undergoing very close scrutiny – like it should have had before the deal was done with the AFL boffin (forget his name). All agree a new covered stadium means **Big Bucks**! The general talk says it will cost around \$750 million split three ways: the AFL contributing the smaller share (\$15m), Canberra a bigger share (\$240m) and the Tasmanian people picking up the bulk (\$460m). Can the Tasmanian economy carry that? Doubt it very much! Will it actually cost \$750m? Does anything these days ever cost the first guesstimate? What to do? This has some more running in it and the logical solution might be to renegotiate the deal. But will the AFL do that? If not will the deal fall over if the stadium isn't built? Hmmmmm.

The small ad in the SMH of 22ⁿd April (p.37) was so sad. It was put in by a group calling themselves the RAsaveourheavenlygamefromhell and it began with the plaintive cry of *It's time to fix Australian Rugby Unfortunately the game of rugby in Australia has fallen from heaven!* I don't have to include the rest as you can imagine it – some soppy fan has just realised the game he loves is dying or quite possibly is already dead, but just won't fall over! To put it another way, the lunatics have been in charge of the asylum for a decade or so and he's just realised it! Way to keep your finger on the pulse, buddy! As I've said on a number of occasions, Rugby may have been played in heaven but it hasn't featured on the #1 field for years – more than likely it's been played on the #4,376,822 field down by the sewerage ponds! Give it The Last Rights and let it go with some dignity.

There's been a lot of talk of late about concussion and in particular the Roosters' James Tedesco. To recap, he tried to tackle a raging bull



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(alright, it was the Bulldogs' Viliame Kikau) some weeks ago and he ended up with a *wobbly boot!* Now that might sound funny or cute but it hides the reality, his brain took a BIG hit and he was down and out for what was his 10th When is enough enough? Ask John Bilbija's wife Michelle as she cares for He was diagnosed with early onset dementia at 56 and is now 65 "He can't feed himself, can't talk or dress himself. He needs full-time care." He played just 49 first-grade games in the 1980s with the Magpies, Rabbitohs, Tigers and Eels.

There are a couple of developments on the concussion front, which may or may not help. The first is the low tackle law, which requires a tackler to go below the sternum. i.e. the breastbone. Gazing into the murky future I'd have to think it probably will help the player being tackled but I doubt it will help the tackler – that's what James Tedesco tried to do! The second development is a *smart mouthguard*. Yep, it has some cute electronics in it and when a collision occurs the gizmo registers the force of the hit and if it's above the threshold it pings to an app being monitored by the match day doctor, The doctor alerts the ref, the game is stopped and the player is taken off to undergo the HIA. In fact, Scotland's hooker George Turner became the first player forced off a field (Scotland was playing France) in early February this year as a result of a *smart mouthguard* alert.

Carl Lewis is somewhat incensed as the rules of the broad jump are being looked at. The old 8 inches wide take-off board could be turfed and replaced with a larger take-off area monitored (apparently) electronically. The jump would then be measured from the last point of contact inside the take-off zone rather than the front of the take-off board – as is now the case. It is hoped there will be less foul jumps (1/3 of jumps at last year's World Athletics Championships were ruled out) and the longest jump (though that might not be the jump furthest down the pit) will always be the winner!

The Olympics are just around the corner and another drugs scandal has surfaced. Australia however, is keeping it's head down this time as *Scotty from Marketing* discovered, China has shown it can be quite vindictive if it thinks it may *lose face*. Funny that, we *gwailos* (that's a <u>very derogatory Chinese term</u> for we *foreign devils*) can and are abused by Asians regularly but if we fight back, all hell cuts loose!

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Confidence is Healthy...

How good is this Autumn weather?! Some rain, plenty of sunshine and pleasant temperatures for working and sleeping.

Our sense of confidence can have a big impact on our wellbeing, including how we digest food and absorb nutrients. It affects resilience; how we face challenges and our immunity.

Many aches and pains can be attributed to lack of confidence; feeling anxious or eaten up by worries. However big or small our concerns are, if they consume a large chunk of head space and cause butterflies in the gut, they could be negatively affecting our health.

As someone who has often lacked confidence, I've often been intrigued by the word "confidence". What does it really mean and how do we get it?

Recently I saw a video about building confidence which resonated, and good examples of my own experiences came to mind.

The young woman in the video explains how we need to push ourselves out of our comfort zone to build confidence; do something hard, scary, or challenging. We can't just talk ourselves into being confident – although self-talk definitely helps! We actually have to go through the difficult thing in front of us and be willing to try again if it doesn't work out.

Speaking in front of a group of people, or a TV camera, makes my heart pound with nerves, and my head spins.

However, I always enjoyed hosting events at our property, so public speaking is something I've had to face.

I realised that after delivering the presentation to each group, I felt exhilarated and proud. I found myself immediately planning the next event, and making lists of new ideas which I was ready to tackle. This sense of confidence then translated to other activities, producing a snowball effect!

The other day I had to give a live radio interview to 2 Bob Radio, to



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promote the upcoming Nabiac Farmers Market's 21st anniversary. I was supremely nervous and thought about backing out. I coached myself through, did the power poses and visualised the interview as just a casual chat. Driven too, by wanting to do my job in promoting the market! After the five-minute interview was over, I felt great and powered through the rest of the day, embarking on things that I had been putting off all week! (And it was great to see 2BOB at the market the next day!)

I've had the same uplifted feeling when deciding to handle my daughter's horse or tackle a logistical problem on the farm, instead of outsourcing it to my husband! Feeling confident improves digestion, energy, focus and leads to an overall greater sense of wellness and achievements. Confidence is Healthy! If you're interested in attending half day wellness or creative workshops at my place in Firefly and would like to stay updated on upcoming events, shoot me a message, call, or email via the website. Follow "The Natural Space" on Facebook and Instagram.

Laura











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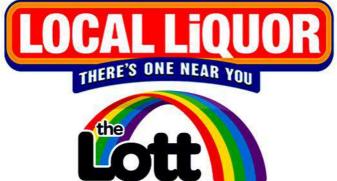
Odd eyed cats have one eye that is blue and one eye that is green, orange or yellow

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Newsletter April 2024

Hi All,

I hope you're all enjoying the change of season. I've been busy on our property planning pasture for the cattle, building soil in new garden beds and planting peas, broccoli, kale, and edible flowers.

The focus for the March DCLG gathering was setaria, at *Raylene's* lovely property in Dyers Crossing, which was super interesting. Thank you to Raylene again, for hosting this DCLG workshop.

Raylene recently engaged an agronomist and was keen to share some insights. We appreciated this opportunity to discuss the issue of managing setaria grass.



There were 22 people at this workshop. Raylene shared insights and we enjoyed morning tea in the shed. Followed by a paddock walk and group discussion.

Setaria is present throughout the region and was introduced as a hardy, fast growing grass for cattle. However, it can take over when not managed effectively and is a pest in regeneration areas.

It is not good fodder for horses, due to the high oxalate content. It is considered useful for cattle, as part of a varied diet.

[oxalate is a naturally occurring compound found in a wide range of plant foods and is beneficial or not beneficial depending on the animal (or person's) diet]

Considerations from Raylene's consultation with the agronomist included the following:

(NOTE: Each property is individual, and this information is specific to Raylene's property. The intention is to share the info as a general

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overview)

- * Soil First The main focus will be on improving the soil
- * Do the soil test and assess results before taking any action
- * Encourage kikuyu, which is key to progression
- Not using sprays to manage the setaria
- * Count the range of species on your land
- * Aerating the soil
- Looking at improving mineral composition, including dolomite, magnesium, and phosphate
- * Patience is key!

Here are some tips from our group discussion:

- Join the FB group: Regenerative Agriculture and follow regenerative agriculture groups on Instagram.
- Regular mulching is more useful for managing pasture than slashing, generally speaking.
- For pasture/soil improvement, sow nitrogen-fixing crops, including: lab-lab, cowpea and clover, in paddocks which are farmed or managed.
- Cell grazing and quicker moves through paddocks



Lyn Booth Manning LandCare Local Coordinator was present and shared valuable information about upcoming workshops for managing animals in an emergency:







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Robyn Lamond, President of MidCoast 2 Tops LandCare Connection (MC2T) was also present and raised the topic of Dung Beetles. Keep an eye out for emails from LandCare about upcoming workshops and information on these essential little creatures.

Hannah Botta from LLS attended too. It's great to be able to share information and resources.



There is a wealth of knowledge between our Dyers Crossing LandCare members and across LandCare. I love this photo of Les

Roberts, the founding member of DCLG, sharing valuable insights with Raylene at the end of the meeting.

I highly recommend joining LandCare. You'll receive formation about the wide range of workshops and info days across the region.

Simply contact Joel Dunn, our local LandCare Coordinator, to become a member.

joel.kgl.landcare@gmail.com - 0401 932 533.

Our local Dyers Crossing LandCare Group comes under the umbrella of Karuah & Great Lakes LandCare (KGLL)

The next DCLG gathering is at Sonja and Kevin's 2,000-acre property in Krambach on Monday 27th May. Details TBA. They have implemented holistic farming practices and doubled their head of cattle over their time there.

Would you like to host a DCLG meet-up?

I'm seeking a property to host a spring workshop. I'm happy to host, however it's interesting for our group to see a range of different properties through the year.

Let me know if you can host. Call, email, or find me on FB messenger. Thankvou.

Laura Pennington - Dyers Crossing LandCare coordinator.

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Welcome to Deb's Gardening,

Our house renovation is now at the 4 month stage and the colour bond roof is near complete. It's amazing how much area builders need, the colour bond sheeting is spread out all over the lawn, encroaching the gardens. There are dead patches of lawn where the sheets were left lying around waiting to be cut. Parts of the garden at the back of the house have been trodden down, including the dwarf Tibouchina Jules which was in full flower, majority of the Dahlias, and the salvias, all so they could get the sheets up onto the roof. I have just turned a blind eye to it all. I keep repeating over and over to myself, NO mess No progress. Besides it is just a garden and gardens can change and evolve, Dahlias and salvias can be dug up and moved. I might have lost the Tibouchina but I bought it as a tube stock for \$3.00, so no big financial loss. It's just an eye sore and neglected but no point wasting my time on that part of the garden until the house is complete, something that I have to come to terms with.

Lucky I have other gardens to escape to including the vegetable garden and it's time to prepare beds for the next season's crop. I have been pulling out the Richmond green cucumbers and I am surprised how much fruit I missed. There are over ripe cucumbers everywhere. The Richmond green self sowed over the fence and rambled everywhere, in amongst the pumpkins. No doubt they will self seed again next year because I have thrown some in a pile in the corner of the fence for them to break down and do their thing. The vines and the fruit have been piled up ready for the start of the next compost heap. Last month I stripped back the corn after the crop had finished and left the stalks standing; they will be the support for the climbing peas. The leaves got left on top of the soil; I added handful of Organic life (pellets of composted poultry manure, bone and meat meal, soft rock phosphate, sulphate of potash, seaweed and Zeolite) I also added handfuls of blood and bone meal and scattered lime. I covered it all with a good layer of hay. Apart from all the hay it has since broken down; the soil is now full of worms and is nice and friable. Friable soil looks and feels like fresh breadcrumbs and is the ideal texture. The moon phase at the moment is waxing gibbous which is the time to sow above ground crops so it is the perfect time to sow the peas. Since I want the plants to get the maximum benefits from the sun I have sown them in a north – south direction. I covered the soil again with a thin layer of mulch and fingers crossed they germinate.

Autumn is also the time to get in the brassicas, (broccoli, cauliflower, cabbage, kale, Brussel sprouts Asian greens), broad beans, onions,

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garlic, spinach, carrots and beets. For some unknown reason I haven't had much success with the follow up crop of carrots or beetroot, they just won't germinate. I have tried 3 times and yesterday was my 4th attempt even though it was the wrong time in the moon phase as below ground crops are best sown in the waning phase but I am about to pull out my last carrot, so I won't have any more to pick. I decided to sow the carrots in another part of the vegetable garden and see if I have better germination results. Carrots should be grown in soil that has not been just fertilised otherwise they grow arms and legs. They are best planted in a spot where another vegetable has finished. I have planted the broccoli already and as a boarder I planted the onions. Onions are a great companion plant for the brassica family as they deter the white butterflies. This really does work; I have never had to spray for caterpillars since I started planting onions with the brassica family. There is something to be said about companion planting. It is now widely recognised that plants, like human beings, can have their likes and dislikes and are at their best or worst according to the company they keep. I have read that strawberries won't grow well if they are grown near brassicas, they don't like each other. The experts call it allelopathy. This means "growth inhibition as the consequence of the influence of one organism on another". Some plants exude chemicals from roots, leaves or flowers that repel insects and protect neighbouring plants. African marigolds are a good example as they release a chemical called thiophen, a nematode repellent. I plant marigolds in all my vegetable garden beds, especially around the tomatoes and once they have finished I turn it into the soil. I am always picking off the flowers when they go to seed and scatter them throughout the beds. Nasturtiums are another great companion plant also as the plant deters woolly aphids, whiteflies and

My vegetable garden doesn't just have vegetables growing in it, it's full of herbs and flowers and even has a little pond with water iris, and the reason being is to create a beneficial habitat. The benefit comes from plants providing a desirable environment that encourages beneficial insects and other arthropods – especially those that keep pests in check. Large scale agriculture plots with no diversity rely heavily on chemicals for pest control. Companion planting is an organic method of pest control.

Gardening is the art that uses plants and flowers as paints and the soil and sky is the canvas – Elizabeth Murray.

Happy gardening and until next time

Deb





Good Medicine

Wonderful World

Thinking about the wonders of nature is always inspiring ... sunrise and sunset ... lakes ... towering mountains... rainbows and more. After creating the world God declared it was *very* good. As well, the Bible says the **heavens** declare the glory of God, *Psalm 19:1*. It's amazing that 'the earth spins on its axis at a speed of 1,000 mph. And while it rotates 360 degrees on it's axis every 24 hours, it is also hurtling through space at an amazing speed of 67,000 mph'. So even if you are staying home today you 'will travel 1.6 million miles in your lap around the sun' ... mind boggling isn't it!

But it's not only nature and the heavens which make the world wonderful ... it's also people. Many offer kindness to others by word and deed, perhaps you've been at the receiving end of someone's generosity ... I have. Maybe you can think of ... or have already found ... ways to bless others; whether a kind word, a warm meal, or doing a job. Our neighbour checked our gutters for us. Many people volunteer in charities. When we help others it makes us happier whether it's our money or time we give ... I believe God hard wired us for giving. The Bible tells us it's more blessed to give than receive, *Acts 20: 35*.

Our generous acts are like a sweet aroma to God ... being a blessing is 'a fragrant thing to do', *Philippians 4:18*.

Kindness is not doing something for someone because they can't ... but because you can. (Andrew Iskander).

Thinking of Mothers Day reminds us of all the wonderful mothers out there doing their best by loving their children and providing for their families.

A story about a mother's love comes from the war years and is related to concentration camps. A mother in Yugoslavia escaped slave labour in a field and smuggled herself into a camp to look for her young daughter. Eventually finding her starving and too weak to walk, she was able to rescue her and subsequently (at great risk), re united her



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children and got them to safety in the United States. Although mothering is sometimes difficult, hopefully in Australia we wouldn't have to face anything like those circumstances.

Let us honour the women in our lives as they share their wisdom, show us kindness and who seek, above all, 'to honour God'. On Mothers Day we do wish all mothers a lovely day of rest ... sleeping in ... breakfast in bed and all the love of their families.

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

God bless my mother ... all I am I owe to her (Abraham Lincoln). Quotes from Word for Today and other

The Counsellor

I may not have lost all my marbles yet, but there is a small hole in the bag somewhere!

Always make sure SOMEONE in the relationship has good credit. That's why it's called SIGNIFICANT other. Sign/if/I/can't.

On our way to church, we asked our grandchild why is it important to be quiet in church.

She said, "Because there are people sleeping!"

One for the golfers—couldn't resist putting it in

Devices used to find water



News From The Pews

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

May Mass times are Saturday 4th at 6:00pm, Saturday 11th at 6:00pm, Saturday 25th at 6:00pm

June Mass Saturday 1stat 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 **11:00 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.
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St Isidore's Catholic Church, Nabiac

May Mass time is Saturday 18th at 6:00pm

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Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - Nabiac	6554 1211
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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.
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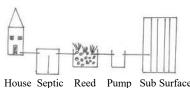
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A big congratulations to *Jess* and *Haylan* on the birth of *Harry Steven Smith*.

Born on Monday the 22.4.24. Both are doing very well. Hope Brian is enjoying being a big brother. Well done guys, love from us all. Now don't forget Mother's Day on Sunday the 12th. As always we have gift vouchers and packs available. Spoil that special woman in your life.

"Happy Mother's Day to all the selfless women who inspire, motivate and remind us to be a better person every single day."

Belinda, Barb & Jess

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