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Details page 8



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Page 15 details

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Editorial.

Hi all,

Winter has arrived! I am writing this on a miserable wet and cold morning, totally apt for the first day of winter. Bit of a shock after being blessed with the passed week of lovely warm days. Don't you just love our country with its weird weather? No wonder we all end up with flu and colds.

Time for the fires to be lit and hot water bottles filled!

Sinfonia is back again for one night in June! They are celebrating their 25th birthday. Details on page

I must apologise to hairdresser Shaz's customers for unwittingly making them think Shaz had retired on them. I was referring to the fact that she had retired FROM HER SHOP IN NABIAC, NOT FROM HER HOME SALON. My sincerest apologies for causes you angst.

Read Liz Rees article with interest and wondered what a syngonium plant was. Turns out I have about 6 small pots of it and never knew the name. Just thought it was a form of ivy plant! Must be careful!

The blood bank is seeking donors again as it sounds like supplies are getting a bit desperate. So, if you are able, they will welcome you at their donor centre with open arms, a needle, a cuppa and a biscuit!

Seems like Bunyah Hall had a WOW of a night with their Hoedown and raised a substantial amount for their hall. Might be worth keeping an eye out for their next event to go to and enjoy yourselves.

There is a Birds on Farm Field day being held by Karuah Great Lakes Landcare on 14th that sounds like an interesting day to attend.

Laura's Sweet Potato tarts sound yummy and would be a good thing to match with the Salmon Cakes in Lyn's Larder. Can only try them to see what they taste like.

Our Grey Ghosts have been on the road again and had an interesting trip. Understand they are off again on a similar trip in the coming week. They are certainly mounting up the kilometres this year.

Great news that the Manning Great Lakes Cancer Care Centre DA has been approved. Will save patients having to drive to Port Macquarie for treatment. A trip you wouldn't want to do for months if you were unwell. Now we just have to wait to see how many years it take for it to actually come into fruition!!!

I am writing this on a miserable wet and cold morning, totally apt for the first day of winter. Bit of a shock after being blessed with the passed week of lovely warm days. Don't you just love our country with



WHAT'S HAPPENING IN JUNE, 2024

Markets & Events.

• Bulahdelah	(1st Sat)	1 st	8am to 1pm
• Blackhead Bazaar	(1st Sun)	2 nd	8am to 12 noon
• John's River Country	(2nd Sat)	8 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	1 st	8am to 12 noon
• Myall Quays	(3rd Sat)	15 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	15 th	8am to 12 noon
• Krambach	(3rd Sun)	16th	8:30am to 1pm
• NABIAC	(Last Sat)	29th	8am to 12 noon
• Old Bar	(Last Sun)	30 th	7am to 1pm
• Pacific Palms	(Last Sun)	30 th	9am to 1pm
• Forster Town	(2nd Sun)	9 th	8am to 2pm
• Halliday's Point	(1st Sun)	2 nd	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	22 nd	8am to 2pm
• Forster Farmers Market	(3rd Sat)	18 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	22 nd	8am to 1pm
• Burrell Creek	(2nd Sun)	9 th	9am to 12.30pm
• Gloucester	(2nd Sat)	8 th	8am to 12 noon
• Wingham Markets—showgrounds			

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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

What's worse or better - 150 mm rain in two days or two weeks? Let's just say that it seemed to rain on Wednesdays and we had to cancel a couple of working bees because it was too wet to work safely.

We did get a chance to plant fifty trees of a variety of local species around the edge of Woosters Creek at Lilypilly Bend. We're trying to rebuild the tree canopy in an area where the removal of a large privet thicket has resulted in an open spot that is highly vulnerable to infestation by annual and perennial weeds such as **crofton weed** → and mist flower and woody weeds like senna, lantana and privet. We had hoped for natural recruitment of local native species as has happened on the higher areas of the block but the weeds are winning here.

The stretch of Woosters Creek that runs behind the houses on Clarkson Street seems particularly vulnerable to garden escapees. Plant parts and seeds wash out of gardens and down the creek, other



plants jump the fence, or crawl under it! Coral tree, maderia vine, cardinals firestick, cassia x2, elephant ear (black taro), privet, lantana, ice cream bean tree, ruellia, honeysuckle, crofton weed, mist flower, tradescantia (wandering jew) and cocos palms are a short list of weeds found in less than two hundred metres of creek bank. Then



there is a ←**syngonium**, freed from the confines of being a house plant, vainly trying to create a central American jungle in the centre of Nabiac. **Don't** dump your old unloved house plants over the fence, give them to a friend or into the green bin...or even the red bin if they're really nasty!

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

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Between the Pages

Nabiac Library News



Welcome to our Nabiac Library News for June 2024.

Winter has arrived with glorious sunny days and cool evenings and mornings. The day time temperatures encourage us to get out into the sunshine and enjoy our beautiful environment. It's a perfect time for

getting into the gardens, with the soil still moist from the earlier rains. A time for preparing, planting and mulching ready for Spring. Night times encourage snuggling inside with the fire and doonas on the bed. A great time for watching videos, reading or learning some new skills. Nabiac Library has an abundance of movies, TV shows and documentaries in our DVD carousel. Come on in and browse the choices. If you can't find what you're looking for, we can always check the catalogues and reserve it for you.

If the weather turns to gloomy and wet as predicted we can still keep you entertained. Firstly, we have a large range of **jigsaw puzzles** for your family entertainment as the days get shorter. Perfect for coffee table family fun! Test your skills and work together to complete the puzzle.

What about some Winter Boredom Buster Ideas to learn new skills through Winter. We have a stimulating range of books to inspire you to create some amazing things. This is our display board with selections featured below. They are all available in our local Nabiac Library.



There is a huge range to suit all interests; from beginners to people wishing to expand their skills. Try making a felt farm with the family or learn how to whittle wood. Investigate making vintage purses or how to remake clothes. Learn to sew or weave and make pom poms or upcycle with style. Try knitting, crochet or wood carving. There is even some gardening ideas and a book on bush flowers and their uses.

Please do come into Nabiac Library and expand your horizons during the winter! We'd love to see you and help you find ways to enjoy what tends to be a time of somewhat hibernation.

Nabiac Library Opening Hours for Winter

Sadly, Nabiac Library will be temporarily closed on Thursdays due to a current shortage of available volunteers. We do hope this will be rectified soon. If you would like to volunteer at Nabiac Library you will need to follow these links at Midcoast Council. <https://www.midcoast.nsw.gov.au/Get-involved/Volunteering>

Currently, we will be open:

Monday: 3pm – 4:30pm
Tuesday: 3pm – 4:30pm
Saturday: 10am -12 noon.

We look forward to seeing you at our historic Nabiac Library in the Nabiac Showground where you will always be warmly welcomed. See you there!



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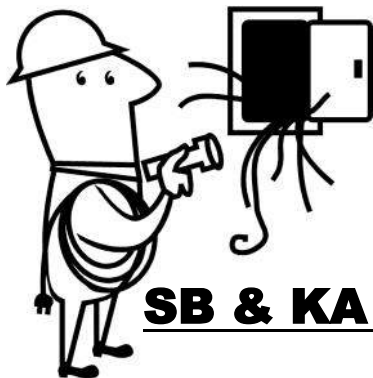
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NABIAC PUBLIC SCHOOL



We have had a busy sport filled start to this term. Last Friday we had students represent our school at the Cross Country. Congratulations to two of our students who made it through to the next level – Zone Regional. Well done to the students who have tried out for a range of PSSA sports and participated in Knockout days.

Thank you to everyone that attended our Mother's Day Breakfast & Assembly, it was a lovely morning and we had over 130 people attend! We were amazed by all the special writing and drawings by our students.

Our Premier's Spelling Bee is coming up in week 7 & 8, we hope everyone is practising! Our top 2 spellers will be invited to participate in the Regional Final next term which is held online.

The Choir joined the Great Lakes Community school's choirs last week to learn songs for *Shine On*. Shine On is a joint school creative arts performance (dance/drama/music), showcasing the amazing talent we have!

We would like to send a huge "THANK YOU" to the Nabiac Garden Club for their very generous donation to our Nabi Patch.

This donation will enable us to keep our Nabi Patch in tip top shape over the coming winter months.

Our next P&C Meeting is Monday, 17th June at 6pm in Mr Tickle's room. Come along to have your say and help out. All welcome!

Amelia Bridge

School Administration Officer



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Manning Base Hospital Petition: - May, 2024

We got picked up at 6.30am in a mini bus donated by Eggins Bus Company with a volunteer driver, and headed off to Parliament House, in Sydney, to lodge the petition with *Tanya Thompson*.

Twenty two people with a common purpose headed off and there was a buzz of excitement throughout. Questions were being asked and those in the know were readily passing on information on the importance of the bundle of papers, that were tied with blood red ribbons, ready to be part of such a momentous time, just a few hours down the road.

My understanding of the proceedings that had culminated in this trip were limited. I knew that a group of people had joined forces some eight years ago for the common goal of having the Manning Base Hospital brought kicking and screaming into a 21st century hospital that would accommodate a large area of people for many years to come.

Parliament House is a pretty impressive place and I was in awe of being there for such an important and historical occasion. Tanya Thompson accepted the petition and the elation that was evident, not only on the committee faces but also the supporters who travelled to witness, this was evident. There was proof of the relief of this important event had taken place, as on the way home as we were entertained with many a song and the odd ditty.

Now we wait. The petition will go to Parliament in June and a decision on 'how' the hospital can finally be advanced to ensure that it will be fully functional to meet the needs of the community which is so desperately crucial to the area it services.



A HUGE thank you is needed to the small committee who have climbed mountains to present the petition with over 12,000 signatures. Their time, their energy, perseverance and their focus on the entire population that the Manning Base Hospital services.

"Never have so many owed so much, to so few".
(Winston Churchill)

The presentation of the petition is complete but the work is far from over. Please follow and support this fantastic group of people as they look forward to the future and how it will all unfold. Follow them on Facebook:

<http://facebook.com/ManningGreatLakesCHAG>.

Carol B

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade is gearing up for a technology transformation. With the installation of a new Mobile Data Terminal (MDT) system in their trucks, the Minimbah Brigade recently embarked on a training program to ensure every Member is up to speed with the upgrade.



The training sessions were dynamic, blending traditional face-to-face interactions with the modern convenience of online modules. Picture this: rugged firefighters huddled around laptops, exchanging banter while mastering the intricacies of the new technology. It was a sight to behold, with seasoned veterans guiding eager rookies through the digital terrain – or maybe the other way around?

But the real fun began when the training ventured into the field. With the assistance of the Taree Fire Control Centre, two scenarios were orchestrated in the nearby Nabiac/Minimbah area, providing a hands-on experience that no virtual simulation could replicate. Amidst the banksia trees and sandy tracks, brigade Members were put through their paces, navigating emergency situations with the aid of the MDT.

Members had the opportunity to swap roles, stepping into the shoes of a Crew Leader one moment and assuming the responsibilities of a driver the next. It was a refreshing change of pace, fostering teamwork and mutual understanding among the ranks. But the training wasn't just about mastering the technology; it was also an opportunity for




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feedback and fine-tuning. As brigade Members navigated through the scenarios, they provided insights and feedback into the strengths and shortfalls of the MDTs, to help iron out any kinks and ensure that the MDTs are primed and ready for action when the time comes.

Beyond the camaraderie and laughter that is often seen in training scenarios, lies the real crux of the matter: the improvements the MDT will bring during times of emergency. With its real-time data transmission capabilities and integrated mapping software, the new system promises to revolutionise the way the Minimbah Brigade, as a small part of the NSW Rural Fire Service, tackles wildfires and other emergencies.

Gone are the days of relying solely on radio communication and paper maps. With the MDT at their fingertips, firefighters can access crucial information at a moment's notice, from the location of the nearest water source to real-time weather updates. This newfound efficiency could mean the difference between containment and catastrophe in the face of a raging inferno.

With newfound skills and a cutting-edge tool at their disposal, the Minimbah Brigade stand ready to be better prepared for whatever challenges come their way.

By becoming a Member of your local Rural Fire Brigade, apart from receiving the ever-so-stylish RFS uniform, you will receive invaluable training, some of which is Nationally accredited. There is also the personal knowledge that you are doing something very worthwhile for your community. If you are interested in joining our Brigade, now is the perfect time to ring our Captain on **0429 000 814** as we are always in need of new Members.

Remember to give at least 24 hours' notice of your intention to burn, to the

NSW Rural Fire Service.

www.rfs.nsw.gov.au/notify

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News from Muse

I don't know about you, but I can't believe how fast 2024 is flying by.

April for Muse was a whirlwind, with Art classes every weekend and of course the Mini Market. So, I hope you can forgive me for sending last year's article to Lyn at Across the Fence for the May issue by mistake. Funny though, after reading the article it seems that April last year was crazy too!!

Once again, a big thank you to our neighbours at Modern Motors for allowing us to use their forecourt for the market.

As usual the quality of the products for sale at the Mini market was exceptional. Everything there is created locally and the money from the sales stays in our local economy and filters down to lots of local small businesses.

There are so many local businesses who benefit when you purchase a piece of locally made artwork, so on behalf of all of them (too many to list) the artists community thanks you.

Inner Muse Art Academy (IMAA) has been firing on all cylinders. May's classes were well attended with the same amazing feedback. June is already mostly booked, but we do have a few spaces in the following classes for anyone interested:

Saturday 22nd June Karen Slater's Intermediate Mandala class. This is the follow up to the 'beginners' class, which will build on what was



learned in the beginners class.

Sunday 23rd June Christine Onward's Beginners Acrylic painting class. Always popular, Christine will teach you how to use acrylics and get the most from them. She'll show you techniques that will enhance your work.

Sunday June 30th Christine has a Level 2 Acrylics class, taking your work to the next level. Ideal for anyone who has 'dabbled', or has done the beginners class.

Saturday July 6th, International artist Gwen Roberts is holding another Masterclass in the 'Sanding' technique. This is for artists who are used to working with Pastels or charcoals. This technique helps to create what Gwen likes to call 'Optical-realistic' work producing exactly your eye sees.

All classes are \$115, starting at 10am and finishing at 2pm. All materials and refreshments are included in the price. Only 4 students means you get so much more from the class than you would in larger classes. To book call **0403 826 439** or email museartandcrafts@gmail.com. Follow us on Facebook at Muse Art and Crafts NABIAC.

Or you might want to join us for the sublime *Meditation and Sound Healing* session with Bernie & Maureen? The next one will be on Thursday 27th June at 5.30pm until 6.30pm with light refreshments afterwards. The cost is \$35. Places are strictly limited and so it is a case of 'first in best dressed'. To book simply call Maureen on **0419 613 541**.

Finally, you may have notice Dis-Gracie (the fabulous Mannequin that was in the window) has finally gone to her forever home. She will be missed, but not forgotten.

Kind regards

Janice Dance

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IMMEDIATE CALL FOR BLOOD DONORS AS LIFEBLOOD RESERVES DIP TO CRITICAL LEVELS

Australian Red Cross Lifeblood has issued an immediate call for donors as their reserves of most blood types drop to critical levels.

Without a significant boost in people donating, Lifeblood says its supplies will soon be at their lowest level this year.

The current demand for blood is extremely high and the current level of donations is struggling to keep up with this high demand.

Whilst some stock is also held in hospitals, Lifeblood says it needs 1,200 people donating every day in the coming week to meet the needs of patients.

Blood and plasma are required to treat a number of life-threatening conditions and their use continues to grow each year. This is driving the very high demand for both blood and plasma and there are no signs of this changing.

Lifeblood Executive Director of Donor Experience, *Cath Stone*, has urged both new donors and those who haven't donated for some time to donate now.

"Right now, we need both blood and plasma donors; we have empty chairs across our network every single day," she said.

"Almost 4,000 bags of blood are needed by hospitals every day across Australia to help patients in times of trauma, major surgery, cancer

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treatment, pregnancy and for a range of other medical conditions," Ms Stone said.

Just one donation could save up to three lives.

"With one in three of us needing donated blood in our lifetime, the life you save could be that of a friend or family member, so please don't wait, book now."

"Fewer than 3 per cent of the population donate blood regularly, yet more than 58 per cent are eligible to donate. That means there are about 10 million more people who could donate today, but don't," she said.

Ms Stone said it was likely there would be ongoing appeals for blood this winter. Lifeblood wants blood donation to become a habit for many more Australians, and not just something people do when there is an urgent need.

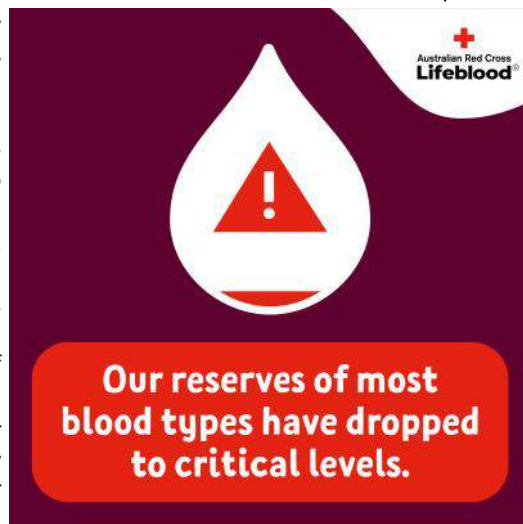
"If you've been waiting for the right time to become a donor or have been thinking about coming back to donate, this is the time to act," she said.

Ms Stone also encouraged people not to rule themselves out, as many potential donors incorrectly believe they are ineligible.

"If you're unsure, you can jump on the Lifeblood website and take the **eligibility quiz**.

And if you don't know your blood type, please make an appointment, as people of all blood types are needed right now," she said.

To book a donation, visit www.lifeblood.com.au or call 13 14 95.



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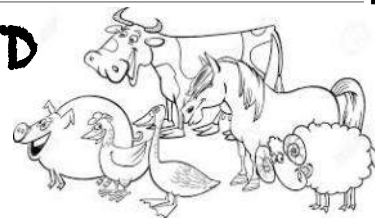
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WALLAMBA CWA REPORT

It was great to have our President **Margaret Weller** back with us after a relaxing and restful holiday with hubby **Bruce**, going back to her old home territory.

President Margaret welcomed 7 members to the May meeting and received apologies from 4 members.

Following the opening formalities members paused to remember the passing of **Morna Avery** of Dyer's Crossing, **Ann Glasson** of Forster and **Allan Edwards** of Manning Valley Property and well known stock and station agent.

This meeting we heard two thoughts for the month, the first being from member **Jenny Ang** which had been delivered at the recent CWA State Conference at Coff's Harbour and was as follows **"Fix another woman's crown without telling the world that you fixed it."** Our second thought came from member **Penny** and was as follows: **"Nothing is impossible, the word itself says 'I'm possible'"** which was a quote by the late Audrey Hepburn.

Members have decided when the time is appropriate, the Branch will replace one of the mandarin trees that was donated to Nabiac Public School but has since died.

Discussion took place as to the continuation of the Wallamba CWA branch continuing to host the "World Day of Prayer Service". This year's service was poorly attended and unless there is indication from the other local church congregations of Nabiac it will have to go into recess – next year's service has its focus on the Cook Islands.

The visit by our State President **Joy Beams**, who was accompanied by MNC CWA Group President **Rhonda Merchant**, on April 16th was most enjoyable and allowed those present to ask questions etc. and enjoy a delicious afternoon tea including sample's of Nabiac's local cuisine.

A number of items of correspondence were dealt with and included items on the State Conference, International items, an invitation to the Group Ag & Environment and Handicraft Day to be held 4th June at Kendall.

Our Treasurer **Jenny** gave her financial report along with the 2023-2024 Annual Financial Report from the State Conference.

International Officer **Pam Muxlow** gave a report on France's farming industry with agricultural accounts for 45% of the country's area including the grain crops of wheat, barley and corn, sugar beets, potatoes.

Wine is perhaps France's most famous crop and is known for its grape production and is the world's largest wine producer.

The meeting's lunch break included some French inspired food in quiche and croissants (these were filled with chocolate Nutella – yummy). President Margaret spoke about an Australian Javelin thrower whose family came from Nabiac (**James & Pat Malcolm**) who will be competing at the 2024 Olympics in France come July.

Handicraft Officer **Fay** didn't have anything for her report but member **Jenny Ang**, who had attended, gave some updates from the State Conference including the new initiatives e.g.

Chairman's Choice - Assisi Needlework 30 x 30cm, Knitting doesn't have to be 100% wool, this coming year's Branch Project is four pin-cushions in a shoebox together with a new section to do with wood/wire with further details come.

Member **Jill** showed off her 'dilly bag' made by her daughter **Julie** from recycled cotton that had been made into a braided cord. 'Knots by Design' is Julie's tag.

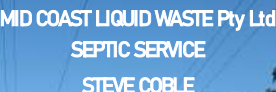
Beth's Ag & Environment report focused on Kombucha, which is a popular health drink, based on a fermented fungus tea. Fungus being one of study topics this year. Members spoke about a recent TV show on mushrooms in Tasmania and it is noted that Nabiac Farmer's Market sometimes has a Kombucha stall.

Jean's cookery report informed members that a new cake, which is a light fruit cake, has been included in the next Cookery Schedule. Congratulations to our MNC CWA group cookery officer **Denise Hawdon**, who won 1st Prize with her sultana cake at the State Cookery competition at Coff's Harbour.

It was great to see the leftover cookery that was still suitable for consumption from the State Conference was donated to local charity organisations and soup kitchens in Coff's Harbour.

A wrap up of State Conference and its guest speakers was given by attendees **Penny** and **Jenny** and said they found them very interesting. Included were NSW Governor General and Patron of NSW CWA Hon. **Margaret Beazley**, who officially opened the conference, Actor/comedian **Samuel Johnson**, founder of "Love Your Sister" campaign to find best treatments for breast cancer after watching his sister struggle without success after many treatments. CWA NSW made of \$5,000 donation to his cause.

Lisa Millar, Australian TV news who is the voice behind TV's "Muster Dogs" and author of the recently released book "Muster Dogs".



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Member Jill had recently been given a very early NSW CWA recipe book titled "Calendar of Puddings", giving one for each day. It has been decided Jill should contact HO to enquire about its providence and where best to keep it for the future. The CWA Motto was on the front cover the same as now only without the first phrase "Honour to God". Currently members are being asked if they would like to see the Motto change.

Ideas were tossed around for fundraising to help the Branch move forward. The topic of having a stall at the market days was one, another was a trading book stall at our meetings of unwanted items which could be purchase for a gold coin donation.

No further business the meeting closed at 12.20pm and followed by a light big and share lunch that had a French flavour.

The next meeting of the Branch will be held on Tuesday June 11th, commencing at 10.00am at the usual venue of the Nabiac Community Church Hall (formerly the Uniting Church) across the road from the Wallamba Showground.

Pam Muxlow-
Wallamba CWA Publicity Officer



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Krambach & District Garden Lovers News



Greetings gardeners,

Last month we went to visit *Petra's* and *Wolfie's* lovely property.

Since buying the property they have planted 130 trees including 70 macadamia nut trees and have the best vegie garden plus dragon fruit and passion fruit.

In May we were welcomed to *Danielle's* garden at Krambach. The front garden was a vision of pink camelias with the ground also being carpeted with pink petals.

There are many unusual tree in this layered garden and we were able to fit under a huge albizzia tree.

On both occasions, the swap table was filled with lovely plant & fruit for our members to share

Happy gardening

Judi 6559 1375

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News from Nabiac Second Chance Op Shop

Open Monday to Saturday 9.00am to 12.00pm.
Farmers Market Saturday only 9.00am to 1.00pm
Phone: 6554 1876

The Op Shop and Shed will be closed for the Kings Birthday Public holiday on Monday 10th June 2024.

Change of opening hours for Saturday.

As of 1st June 2024, Saturday opening hours will revert back 9.00am to 12.00pm except for the last Saturday of the month when the Farmers Markets are on the hours will be 9.00am to 1.00pm.

Op Shop

Winter is here again. We have a variety of winter jackets for sale. Prices starting at Babies \$3.00, Kids \$4.00, Adults \$6.00
The racks are full of winter and summer clothing.

Donations Needed.

We are in need of Sheets, Blankets and towels. If you are thinking about cleaning out your linen cupboard and have any spare items mentioned, we would appreciate your donations.

Shed

There are some lovely pieces of furniture.
Don't forget the many books, DVD's and CD's along with all the Bric a Brac.

The History of Nabiac and District.

These books are still available from Nabiac Op Shop and the Shed. Also The Nook in Nabiac has books for Sale.
Cost is \$30.00. If you are interested in purchasing a book, please come in, there are still books available.
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. That is where you will be directed.

Nabiac and District Pre-school

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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:



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Email: mglwoodworkers@yahoo.com.au

Web Site: www.mglwoodworkers.com

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.

Community Garden.

If you are not aware, there is a Community Garden behind our Shed which is looked after by a group of lovely volunteers.

They meet each Tuesday at 9.00am and are looking for more volunteers to help look after the gardens.

If you have an interest in gardening and able to spare a few hours on a Tuesday come along, you will be welcomed with open arms.

Kind Regards

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



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NEWS FROM BUNYAH

★Yeeee Hawww!!!!★

What an incredible night at the Bunyah Public Hall!

Hats off to Kev McDonald and Peter Hicks from Country Dance Revival who put the beat in our feet for us to dance the night away.

A tremendous shout out to the Hall Committee who Did it Big, Did it Right and Did it with Style with special thanks to the tireless efforts of Bev and Peter Calder, Elle Calvoli, Mel Campbell, Stacey Cardy, Michael Croft, Jana Henry, Jessica McGarry, Anne and Leith Murray, Thomas Murray, Maureen and Don Ralph, and Therese Wilson.

We were so spoiled by the generous support of **Alpro Scaffolding** who donated the crowd control fencing, **Neuman and Shirley Patmore**, **Myall Coast Radio**, **101.5 Great Lakes FM**, and editor of Across the Fence, **Lyn Reid** for Advertising, **Nabiac Pharmacy** and **Beach Bums Café** for the donations of prizes for our Best Boot Scooting and Furthest travelled and Brian Parry from **Parry's Wildflower Nursery** for their stunning contribution to our floral arrangements.

Extreme appreciation to all those families who braved the rain and joined us to make the night so full of fun into the wee hours of the morning, and a big thank you for sharing all your memories with us on our Facebook Group. You can view all the magic from the night by joining our Bunyah Public Hall Facebook Group and view updates for our upcoming events.

The vibe on the night was immeasurable and with all your support we raised a fantastic **\$1,553.50** for our hall!! Proceeds will go towards maintenance and of course our next event so watch this space and come and join us for some amazing family fun. ★The Best is yet to come!★

All donations are welcome.

If anyone in the Community is looking for a great place for their next function, meeting or Party, our Hall is available for Hire, 7 days per week.

For all bookings, please contact Stacey on: **0421 089 507**.

Activities currently available at the hall are;

- * Tennis/Coffee and Chat – Wednesdays, 9-12am
Cost: Small donation.
- * Craft – 1st and 3rd Friday of each month, 9-12am.
Morning tea provided. For more details contact
Bev on: **0437 283 660**

Warm Regards,

Bunyah Hall Committee



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The next market is 29th June.

Hello All!

The weather was super kind yet again for the May market. A cool start to the day and a top of 21 degrees was perfect for market shopping.

Avos from "Plant Lady Old Bar" were a big hit



Save the date for the June Market!



Saturday was a much quieter day than the March and April markets, however it was great to see the produce stalls selling out and people enjoying the market atmosphere.

There was a hive of activity around the craft stalls in the hall during a mid-morning rush, and the bread and cakes sold well too. Many of the stalls had to cancel due to winter flu.

Check out these beautifully crafted hats and scarves at the June market, to keep you snug in the chilly weather. The group of people from **Wingham Spinners and Weavers** always has fresh inspiration.



The market boasts a wide range of stunning blooms too! These sculptural flowers sold like hotcakes!



We welcomed the new stall holder "Utopian

Tea". There were several people crowding around to taste the warm brews.

Newish stallholder, **Katie's mushrooms** were popular too.



learning about bees.



The **Beeswax Candle** making workshop was a big success. With 8 people engaged in making candles and



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
 *coffee *plants *crafts *textiles *baby clothes *wooden toy farms
 *garden art *garden care *dog collars & leads *ginger beer *jewellery
 *natural beeswax products *sourdough bread *market BBQ *pizzas
 *curries *Thai 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 Nabiac who promote us to their patrons, we appreciate you all.
 See you at the next market on Saturday 29th June.

www.nabiac.com nfmcoordinator@gmail.com

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Laura Pennington

on behalf of the Nabiac Farmers' Market committee.

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25th Birthday Concert
Date: 30th June, 2024

Sinfonia MNC, our local Symphony orchestra, is proud to announce its 25th Birthday Concert, to be held at the Manning Entertainment Centre (MEC) Sunday 30th June at 2pm.

The wider Taree area is home to *Elizabeth Berry* (Percussionist), *John Eather* (Viola) and *Carmel Brown* (Principal Violinist), in the more than 40 strong Orchestra.

The Concert programme includes works by Russian composers of the 19th century Rimsky-Korsakov and Borodin, including the Polovtsian Dances. Also included are well known works by Saint-Saens, Mussorgsky and Faure. By contrast "Fnugg Blue" is a work by a modern Norwegian composer, with stunning brass solos by Will Jackson, a scholarship holder. The Finale of the Concert features the heart-stopping Csardas composed by Vittorio Monti, played by the young violinist Abi French, who also held a Sinfonia scholarship.

Elizabeth says "Sinfonia contributes a great deal to community life in the region, by engaging with people of all ages. Performing live music is an uplifting experience for everyone involved, and also for our audiences."

John comments "Sinfonia is a great social group which keeps me mentally active. I moved from playing violin to viola 20 years ago, which was a real challenge as the instruments are quite different. I also play in the Australian Doctors and NSW Doctors Orchestras."

Carmel says "It's fun and a privilege to lead this group of musicians in my role as Principal Violinist." "And great to be working with the young guest soloists, who received Sinfonia sponsorships via the Quaver Fund, and are now working in their professional careers."

Sinfonia MNC was formed in 1999, aiming to broaden community cultural life through music. It has members from teens to seniors, and they come from Gloucester, Tuncurry, Taree, Nahiab, Port Macquarie and Kempsey areas, as well as from the Harrington area.

The Orchestra has the full range of instruments and musicians. It presents a colourful, vibrant sound, with strings, brass, woodwind and percussion sections, working to achieve excellence with both modern and classical compositions.

The Orchestra has performed on many occasions at venues in

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Taree, Tuncurry, Gloucester, Wingham, Nahiab, Port Macquarie, Krambach, Beechwood and Laurieton.

The Quaver foundation is a not for profit community association which accepts gifts from local businesses and donors, to fund the scholarships we award to talented young music students, aged under 25.

When performing, Sinfonia MNC is led by *Iain Pole*, local to Camden Haven, who writes, arranges, teaches and performs to a high standard. Originally Iain was a bassoonist.

Elizabeth learnt many instruments as a child growing up in the area, including Piano, Violin, Flute, Trumpet as well as Percussion. She went on to study at the Conservatorium in Newcastle, and currently works as a High School Teacher. She says "I'm a teacher of music first and foremost, and love seeing Children and Adult students grow."

Carmel also grew up in the area and attended a Convent school in Sydney where she learnt music. She attended the Sydney Conservatorium of Music and has been teaching music in the years since. She has played in the Sydney Youth Orchestra, the State Schools and Nepean Orchestras.

Sinfonia is always interested in meeting new members, and in achieving its 25th birthday, welcomes everyone to the Concert on 30th June.

Contact: Jennie Wright Publicity
Sinfonia (tel 0418 205 971)

Booking details: <https://manning.sales.ticketsearch.com/sales/salesevent/132880>

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Lyn's Larder

THAI SALMON FISHCAKES AND DIPPING SAUCE

(An Aldi recipe that sound great for a quick meal)

INGREDIENTS

FISHCAKES

- ½ cup Jasmine Rice
- 1 cup Water
- ½ tsp Salt
- 1 long Red Chilli, chopped
- 1tsp Garlic minced
- 1tsp Ginger minced
- 2 Spring onions, finely chopped
- 1/3 cup Coriander leaves, chopped
- ¼ cup Desiccated Coconut
- 1 Egg, separated
- 500g Salmon fillets, skin removed, cut int 2cm pieces
- ½ cup Sunflower oil, for frying

DIPPING SAUCE

- 2 tbsps fresh Lime Juice
- 2tbsps Fish Sauce
- 1tbsps Water
- 1 long Red Chilli, finely sliced
- Lime wedges and cos lettuce, to serve.
- 1 Lebanese Cucumber, finely diced

METHOD

- First, start cooking the rice: place rice, water and salt in a small saucepan. Bring to boil, cover with lid and reduce the heat to low. Simmer for 12-15 minutes or until just tender. Remove from the heat and set aside, still covered, for 10 minutes for the rice to fully absorb all the water an become tender and fluffy. Let cool.
- Place the garlic, ginger, spring onions coriander and coconut into a large mixing bowl. Add in egg white (put the yolk in a covered dish to use another time) Add the chopped salmon and cooled, cooked rice. Combine well.
- Place 1 cup of the salmon mixture in a food processor and blend until finely chopped. Return to the bowl and stir in the remaining almon mixture.
- Heat the oil in a medium frying pan on medium heat. Form the salmon mixture into 1/3 of a cup 'cakes'. Fry the cakes in batches for 4-5 minutes each side, or until cooked through. Place on a paper towel, whilst the remainder of the cakes are cooking
- Meanwhile make the dipping sauce. lime juice, fish sauce, water and sliced chilli in a bowl. Stir with a fork until combined.
- To serve: top salmon cake with the diced cucumber. Serve with the lime wedges, cos lettuce and dipping sauce

MidCoast Council - Karuah Great Lakes Landcare - Birds on Farms Field Day

Join **Kristy Peters** of **Birdlife Australia** and your friendly Council and Landcare reps at this fun day out with the birds, that will help connect farmers and landholders with bird watchers and scientists, and build our understanding of birds on local farms.

Friday 14th June, 9am at 781 The Branch Lane, The Branch
Bring Binoculars, closed in shoes, hat and camp chair

Morning tea provided, BYO binoculars if you have some.

Please use this [Eventbrite link](#) to RSVP.

For more information please contact Drew Morris on 0429 220 493 or andrew.morris@midcoast.nsw.gov.au

Joel Dunn



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

Teacher: If I gave you 2 rabbits, and another 2 rabbits and another 2, how many will you have?

Johnny: Seven Sir.

Teacher: No, listen carefully. If I gave you 2 rabbits, and another 2 rabbits and another 2, how many will you have?

Johnny: Seven

Teacher: Let me put it to you differently. If I gave you 2 apples, and another 2 apples and another 2, how many will you have?

Johnny: Six.

Teacher: Good. Now if I gave you 2 rabbits, and another 2 rabbits and another 2, how many will you have?

Johnny: Seven!

Teacher: Where do you get seven from?

Johnny: Because I've already got one at home.



MANNING-GREAT LAKES CANCER CARE CENTRE DA APPROVED

Planning for the Manning-Great Lakes Cancer Care Centre has taken a leap forward with development application approval received for the project.

Federal Member for Lyne Dr David Gillespie MP said the planning approval is a significant milestone.

"I am delighted that the development application has finally been approved after the decision to defer was made last year," Dr Gillespie said.

"This approval means the development can move forward and give residents confidence that specialist cancer care services will be available locally sooner rather than later.

"The Taree centre will provide radiotherapy and related services to cancer patients, offering potentially life-saving treatment close to home, family, and friends.

"This is critical medical infrastructure for our region. It means people won't have to travel down to Newcastle or Sydney or move up to Port Macquarie while receiving a course of radiotherapy."

Dr Gillespie said he recognised early on the importance of this facility to Manning Valley and Great Lakes residents.

"I fought hard to get Australian Government financial support to make this project a reality. In fact, I made a commitment to support the project with \$4.5 million of Australian Government funding before the 2019 election.

"This wasn't the only project of its kind funded at the time. Indeed, a similar facility was also announced for Griffith.

"The only difference is that the Griffith facility is already providing treatment service while our facility in Taree has been tied up in bureaucracy," Dr Gillespie said.

The centre will be located at 88-90 Cornwall Street, Taree. Existing structures on the site are set to be demolished to make way for the new health facility.



Mind is blank so you have to be happy with these short bits

I went to a seafood disco last week...and pulled a mussel.

Two Eskimos sitting in a kayak were chilly.

They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it.

Our ice cream man was found lying on the floor of his van covered with hundreds and thousands.

Police say that he topped himself.

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Our Grey Ghosts - Have been on the road again

And away we go again. This time with 20 other vehicles and passengers on a 6 day "long run" as a member of Taree Historic Car Club. These annual runs are supposedly for vehicles more than 30 years old and on Conditional Registration. Some members don't have such a vehicle and take their usual car. This is a great system that ensures older vehicles are saved, used and loved by many sad enthusiasts at reasonable cost. Our transport is a 1991 Toyota Cressida.

Leaving Nabic we journeyed to Brooklyn (after morning tea at Medowie rest area) for a lunchtime cruise on the Hawkesbury. Very enjoyable and amazed at the huge numbers of boats of all sorts in marinas etc. that are not visible from the highway. Cessnock for two nights. All accommodation is pre booked and paid for. Nights usually have some self provided entertainment.

To Richmond via the Putty Road which has major work underway on some sections. There has been a lot of damage due to wet weather. Attractions for the next 3 days included visiting the oldest still standing church in Australia at Ebenezer. This Church, built by Scottish Presbyterians in 1809 is still in use and surrounded by many early graves, testament to the hardships endured by those early settlers. Floods have been a major disruption on the Hawkesbury since settlement and continue to be.

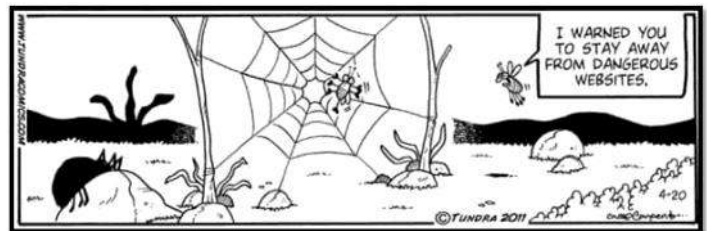
Lunch and a day at the Richmond races, which for many was a first. Slow day with slower horses, visits to a chocolate factory, a dairy and cheese factory. Across the Sackville ferry to lunch overlooking the

massive Richmond Air Force base with planes in use continually. Several trainee pilots from Singapore on an exchange program were at lunch with us.

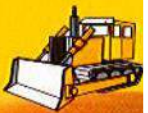
Visit various car collections for the blokes whilst women coffeed and chatted (a lot).

Last night, lunch up the range at the Archibald Hotel Kurrajong and a great view overlooking Richmond.

All too soon 5days have passed and time to have (7.30am & outside (4°C) pancakes for breakfast. Great trip with fellow enthusiasts and home again via the Pacific Hwy. No problems apart from the Maserati which "failed to proceed" due to a small problem and had to be left behind for repairs.



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

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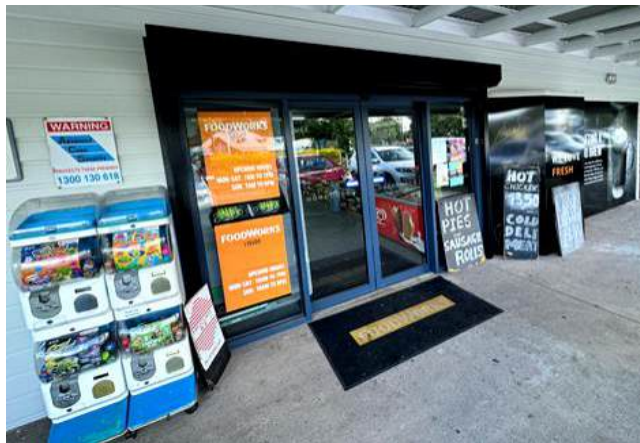
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REAL KULTCHA

Oh boy, there's so much to talk about I'm going to need several pages but I guess that won't happen so I'll have to be brief.

Many years ago American baseball instituted a *Designated Hitter* in place of the pitcher when the side was batting. Why? Well, pitchers are worth a motza and are generally poor batters. So, the boffins bit the bullet, left the pitcher to just pitch and allowed teams to add another batter to the side. All good and it works well. Now the Indian Premier League has added an *Impact Player* to their Twenty20 teams and that person will bat in the place of a bowler. Do you think this rule change will catch on?

The Paris Olympic officials are confident the Seine will be clean enough to allow swimmers to compete in it later this year. Would you believe they're not only going to hold the triathlon swimming leg in the river but they're also going to hold swimming races in open water for the first time since the 1900 Paris Olympics! I hope they have a back-up plan.

Does the name Andrew Hoy ring a bell? Well, he's an equestrian (horse rider, for the slow learners at the back) and he's saddling up to see if he can make the Oz team for Paris this year. If he can, it will be his ninth Olympics and at the ridiculously young age of just 65, he's also thinking of sticking around for the LA games in 2028! Love the guy.

Australia's fastest woman, Torrie Lewis, has drawn a line in the sand. At the season's opening Diamond League meeting in China last month, she won both the 100 and 200 metre events against both world champions at that distance. Paris can't come soon enough.

Oz cricketers in women's domestic competitions will earn an average salary of \$160,000 under a new multimillion-dollar action plan designed to build the game in women and girls cricket. There will also be changes to competitions to further enhance opportunities for those players.

Wayne Bennet says he has *unfinished business at South Sydney* so he's leaving *The Dolphins* (he was their inaugural coach) to follow his dream. Of course, the \$3 million they're paying him for the 3-year deal could help. The questions are: can he turn *The Bunnies* around and how much of the 3 mill will be left after he tries to buy/rent a house in Sydney?

Liz Ellis has been appointed to the board of Netball Australia and if there was anybody who could shake that body up, it'll be Liz. She was a firebrand on the court and I doubt she's mellowed any.

Wally Lewis has confirmed he thinks he has the beginnings of CTE dementia. *My everyday life is no longer blessed by confidence in my daily activities. Now, I struggle to accept that it has been filled with fear and embarrassment about how forgetful I've become.* Too many head knocks over too many years and a failure to rest after each knock. How many more will be affected?

For you cricket fans, the 22-year international career of pommy bowler James Anderson is set to end this northern summer (that's like right now). He's turns 42 in July and I think it's fair to say he's had a pretty good run. The question is of course, will the Poms be able to replace him?

Ricky Stuart has signed a new deal with *The Raiders* that will see him remain their coach until 2029. No talk on what the deal was worth.

Greyhound Racing NSW has chopped 34 jobs in a cost-cutting exercise following a steep decline in betting revenues. It's possibly a result of the cost of living crisis going around at the moment or is the writing on the wall for greyhound racing? Time will tell, I guess.

Several players in the Macarthur FC (soccer) have been caught up in a betting scam that involved being hit with yellow cards. It seems there are folk around the world who will bet on such things and the players took instructions from somebody in South America on how many yellows they got and if they managed it, they were paid big bucks! What is the world coming to?

I don't like boxing at the best of times but you should know Tiana Echegaray has just gained selection in the Oz team for the Paris Olympics in the 54 kg division. Just 5 years ago she was bored and looking for something to do to regain her fitness. Out of curiosity she attended a boxercise class at a gym after work. She found she enjoyed it, took the step into the ring and, as they say in the classics, the rest is history – she's off to Paris.

Former South Sydney Junior Jordan Mailata has re-signed with the Philadelphia Eagles football team on a 3-year deal worth more than \$100 million. He is now the fourth-highest paid offensive tackle in the NFL. And my mum wouldn't let me play football when I was a kid!

But, speaking of football here in Oz. My team - the Glorious St Kilda - have had some *bad luck* of late and the coach has had to make some changes. Just so you know, I've cleared my calendar in case I get a call-up so there may not be a **REAL KULTCHA** item next month.

Outside chance I'll talk at you next month,

The Hillside Critic



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Happy winter everyone! Yesterday was a lovely day at NABIAC Farmers' Market. I love the wide range of stalls, which provided plenty of inspiration for dinner last night: I picked up goat's feta, Spanish onion, fermented garlic and sweet potatoes, and we have plenty of eggs, nasturtiums and herbs here.



I love any opportunity to turn the oven on in the chilly weather. These mini sweet potato & nasturtium tarts will warm you up and boost your immune system.

They are full of healthy carbohydrates, proteins, and fats, plus plenty of vitamins and minerals, to keep you healthy and energised. The balance of nutrients means these tarts can be a side dish, light lunch, or the main act.

Many of us have nasturtiums growing around here, so these little bites are a budget buster too!

They are vegetarian and gluten free. This recipe makes a dozen, using a standard cupcake tin.

I often make smaller ones, using a mince pie tin (without patty pans), which is a good size for lunch boxes and finger food.

What you'll need:



- * A sweet potato
- * 8 eggs
- * 1 cup finely chopped greens. I used nasturtiums, herbs, and mixed greens from the veggie patch. Spinach and rocket work well too.
- * 100 g feta – cubed
- * 100 g (approx) grated cheddar
- * Chopped Spanish onion or shallots.
- * A couple of grinds of salt, plenty of pepper, and a pinch of nutmeg

What to do

- Prepare your tin and ingredients
- Peel the sweet potato into strips and create a lining in each cup. They don't need to be egg proof! Some of the egg will go through, but the sweet potato still provides great structure. Chop up the greens
- Pop a couple of cubes of feta and some Spanish onion into each patty pan.
- Turn the oven onto 190c.
- Crack the eggs into a jug, beat lightly
- Add the greens and seasoning to the eggs and mix them together
- Pour the egg mix into each cup and top with the desired amount of cheese. I added chives too.

Bake at around 190-200 for approx 12-14 mins, until the egg sets and they are starting to go golden on top. Enjoy these on their own or with warm winter veg. I served them last night with green beans and brown rice.



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Eat well and be well everyone, Laura ❤️

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Welcome to Deb's Gardening,



Almost another month has gone by and still the roof isn't finished, still the roof sheets are lying around on the ground, and with all the extra workers, Utes and delivery trucks and the rain we have had since the start of the month it's just one big bog... The gardens are taking care of themselves and so are the weeds; I haven't been attending to them much at all. It's just been too wet or I have been too busy. The lawn is creeping into the garden borders and they need re-edging but the soil is too heavy. The new garden that I have been putting in is now covered with weeds and grass because I didn't get to mulch it and the plants that I did put in are being suffocated. Sometimes it can all be a bit overwhelming, I am sure I have mentioned that before, but when the sun comes out and I get a day to myself where I don't have to deal with tradesmen or a difficult builder, it won't take me long to get on top of it. And if I look at the positive side, all those weeds are going to be food source for the soil, I just have to hurry up and get to them before they go to seed, as every weed flower I prevent or eliminate now could translate into hundreds of fewer weeds I will have to deal with later.

On a positive note, my peas, beetroot and rocket have all germinated, the garlic, broccoli, spinach, kale and onions are all powering and nothing has eaten them. As for the carrots they still haven't germinated. I can't blame lack of moisture in the soil as carrots like a moist soil to germinate, the seeds were scattered lightly on top of a soft and fluffy soil and were viable seeds. Maybe I am not patient enough as carrots do take 14-21 days to germinate, hopefully that is the answer, if not I will just keep persisting as I love my just picked carrots fresh from the garden.

A concern of mine of late is the 2 big and I mean very big, canary date palms; every year we cut off the fronds that are getting too low and hang down as they are quite dangerous and spiky. When they are cut down I put them through the shredder and use them as mulch. I noticed that the outside of the trunk was starting to rot down and collapse. They were planted by the previous owners and one of the palms is planted close to the house (what were they thinking). There was 3 but we cut down one palm a few years back because it was close to the vegetable garden and the fronds were shading the garden and it was easy access to cutting it down ourselves. The other 2 palms are what I have made the focal point of the garden. The trunks on the east side facing created a microclimate for orchids and 2 elk horns have self sown on the west side of one of the palms and

growing well. I also under planted the palms with clivias another perfect microclimate for shade loving plants.

Back last year in the dry time, the other half set up big spray jets to irrigate the whole garden and lawn and it was hitting the north facing trunks of the palms (which at the time I didn't think was a good thing as the trunk were getting saturated but we were worried more about fires as there is a forest plantation next door which is not maintained). But as I walked past the other day I noticed that the orchids were on top of the clivias and smothered by the rotting trunks; the rot started slowly on the north side where the jets were hitting it but of late it is starting to spread further around the trunk. I have been on the internet and looked up diseases in palms but can't seem to find an answer in regards to a rotting trunk, it does mention Fusarium wilt. This disease in palms leads to die back of individual fronds, starting off on one side of the frond and when you cut into a frond a pink coloration occurs. The disease starts usually in the lower canopy. However the rest of my palms look healthy with no fronds dying back. So at this point I am ruling out Fusarium wilt, as that disease would be a disaster. I now have had a closer look and started peeling away what is falling off and underneath the old fronds is hard bark which looks like what you would see on the trunk of a palm. So I am totally relieved it just must be shedding the old fronds and is normal. The bonus is I have lots of mulch for the new garden but I have to find a new home for the orchids

Diseases fall into 3 categories- **Fungal diseases**; such as **Powdery Mildews**: that thrive in humid conditions which is recognised by a film that spreads usually over the older leaves of plants such as cucumbers, pumpkins, peas and squash. **Downy mildew**: that thrives in wet conditions. It is recognised by little white tufts that appear on the underside of mainly young leaves. **Rust**: which shows up as brown pustules or circular yellowish-brown spots on leaves. Beans, beetroot and silver beat can suffer badly from it. **Rot**: Collar-rot, stem-rot, damping off of seedlings are all due to fungus. **Wilts: Fusarium and verticillium wilt**: It is an important soil borne disease. The disease invades plant stems, the water conducting vessels (xylem) are blocked after infection thus the plant wilts and often dies. Tomatoes are one of the main victims

Fungal diseases are microscopic spores that are carried on the wind and in water from plant to plant. Flowers, fruit and vegetables all suffer from fungal disease. Part of the answer is to keep the soil rich, neutral, well drained. Make sure there is good airflow around plants, that damp mulch is not too close to the stems, keep your tools clean and sterilised. Burn affected leaves and plants, don't add to the

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compost heap but most important, practice good crop rotation in the vegetable garden.

Bacterial disease: Leaves develop spots and holes, shrivel and die; stems rot, twigs die, fruit rots and mummifies. If you have ever seen a pea pod, dry, pale and shrivelled or smelt of rotting ground vegetables, you will know how bad this disease can be. Since the bacteria is a survivor, strong measures have to be taken. Plants ripped out and burned, tools and hands washed and sterilised and whenever possible, the soil left covered with plastic for as long as you can.

Viral disease: The virus betrays its presence by stunting or malforming plants as it grows. Another tell tale symptom is a mosaic pattern on leaves which can also turn yellow or roll up like a furled umbrella. Aphids and their pals ants, help to spread the virus and to a lesser degree so does thrips. Any plant that shows symptoms should be pulled out and burned. Seaweed spray will not act as a cure but used regularly to feed plants or to help them to cope with mildew, will also help them to build up resistance to viral attack.

Most of all one discovers that the soil does not stay the same, but, like anything alive, is always changing and telling its own story. Soil is the substance of transformation. – Carol Williams

Until next time.

Deb



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Here are some facts you might not know about yourself:

- By the age of seven you had learned about 75% of **all** you would ever know ... the bible says children are a gift from the Lord, *Psalm 127:3*.
- The retina of the eye conducts nearly 'ten billion calculations every second, and that's before an image even travels through the optic nerve' ... that's incredible, don't take your eyesight for granted.
- Your nose can detect one-millionth of a milligram of garlic floating in the air ... so there's probably no way to disguise garlic breath, although parsley might help.
- Your hairs can discern a thousandth of an ounce of pressure on their half inch tip ... amazing!
- Trillions of chemical reactions are taking place in every body cell every **second** ... inhaling oxygen, digesting food, dealing with toxins, repairing tissues, circulating blood, maintaining equilibrium ... to mention only a few.
- As you read this, millions of electrical impulses are 'firing across billions of synaptic pathways' and you don't even think about it ... but we all should.

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

June Mass times are Saturday 1st at 5:00pm, Saturday 8th at 5:00pm, Saturday 22nd at 5:00pm & Saturday 29th at 5:00pm

July Mass Saturday 6th at 5:00pm
(contact **Helen Legg** on 6559 1211)

***Note: During the winter months Mass is held @ 5:00pm**

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PHONE 6557 6757

Remember life is precious so praise God for the gift of life ... as well, ask Him to show you your life's purpose, and begin to fulfil it. 'It has been said the two most important days in a person's life are the day they were born and the day they discover **why** they were born'.

God loved the world so much He gave His only son, *John 3:16*; so leave all your worries with God because He cares for us, *1 Peter 5:7*, and will not forget us, *Isaiah 49:15*

Quotes from Our Daily Bread, Word for Today

The Counsellor



**CTC on TUESDAYS
& 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.

NOTE: St Bernadette and St Isidore Churches

During the winter months your mass times are now 5:00pm

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.

Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

June Mass time is Saturday 15th at 5:00pm

***Note: During the winter months Mass is held @ 5:00pm**

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Belinda available Monday - Tuesday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

"The older you get... the more quiet you become.

Life humbles you so deeply as you age.

You realise how much nonsense you've wasted time on."

Belinda, Barb & Jess

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

An announcement of a birth, birthday, passing?

Some personal message?

Do it on the back page to get full attention

For Sale

Geese - male and female

Muscovy drakes

\$10 each

Ring Geoff anytime and leave a message

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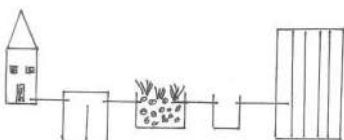
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ABN 30165865771

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Please call Jill: 0418 966 940

Email: jillaflower@yahoo.com.au