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Editorial.

Hi all,

Firstly, apologies for the weird ending to last month's editorial. Some how the first paragraph repeated at the bottom of the article again wiping out the actual last proper paragraph. Gremlins!!!

I can't believe we are half way through the year already. The older I get the faster it seems to disappear.

A few changes with the advertisers, as one goes another seems to quickly fill the space and we have a new garden, outdoor fixer upper join this month. Hope he is supported and good results follow.

Coolongolook School has come back into the fold and there is a newsy report from them on page 8.

I didn't include a recipe this month as Laura has put in an intriguing vegetable soup recipe in her Nutrition article.

The Nabiac RSL Branch has included details of their group for any interested like minded veteran's who would like to join for company.

Neryl Simpson, former Bunyah Hall "reporter" has been given a lovely acknowledgement of her tireless work for the Bunyah Hall and local residents by the new Committee of the hall and I wish her a belated Happy Birthday. From the photos, it looks like she had a great time.

The Farmers Markets seem to be getting bigger and bigger each month from their report. Fine weather also helps for a great day!

Our "Grey Ghosts" are certainly making hay while they can - great idea as we can suddenly fall apart with a long Bucket List unfinished.

Their travels are something Paul and I had planned for our time up here but that didn't happen. Life can be cruel so often so quickly.

AGMs are also looming. The Show's is on 13th August and the Krumbach School of Arts is on 19th August. Reminders next issue.

Muse apparently has a selection of books written by a number of our local residents. Worth a quick look to be surprised who our local authors are!

The ladies at the library also keep us informed of great reading ideas to keep us occupied while we snuggle up in front of a fire or wrapped in a blanket on these cold and wet days. Ours is a great little library!

I was rather taken aback by the Council saying we can keep our pool running **BUT** it will cost to use it. Details page 22

I had a fabulous joke to put in but as I didn't want to incur another complaining phone call, I am afraid you all missed out.

Until next month, keep well & warm and stay happy

Lyn & Timidthy



WHAT'S HAPPENING IN JULY, 2024

Markets & Events.

• Bulahdelah	(1st Sat)	6 th	8am to 1pm
• Blackhead Bazaar	(1st Sun)	7 th	8am to 12 noon
• John's River Country	(2nd Sat)	13 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	6 th	8am to 12 noon
• Myall Quays	(3rd Sat)	20 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	20 th	8am to 12 noon
• Krumbach	(3rd Sun)	21 st	8:30am to 1pm
• NABIAC	(Last Sat)	27 th	8am to 12 noon
• Old Bar	(Last Sun)	28 th	7am to 1pm
• Pacific Palms	(Last Sun)	28 th	9am to 1pm
• Forster Town	(2nd Sun)	14 th	8am to 2pm
• Halliday's Point	(1st Sun)	7 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	27 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	20 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	27 th	8am to 1pm
• Burrell Creek	(2nd Sun)	14 th	9am to 12.30pm
• Gloucester	(2nd Sat)	13 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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Advertisements Size	1 Mth	6 Mths (per month)
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Nabiac Landcare



Well, haven't the mornings been a little bit nippy! It's been a tad hard to get out of bed for an early start in the bush but working conditions have been great on the sunny days. Sitting in the sun having a cuppa and snack and a chat after a couple of hours of weeding has been a delight. Speaking of having a cuppa, Nabiac Landcare would like to thank the Nabiac Farmers Market committee for the generous donation we received after taking part in the 21st anniversary market. We've put it in the morning tea fund!

The group is currently working as two teams. One is attacking the big privets at Lilly Pilly Bend and the other doing follow-up weeding at Bullock Wharf. It was very disappointing to find more dumping of garden debris in the drain and bush along Donaldson Street. Rubbish dumped in the drain blocks water flow and eventually ends up blocking pipes under the road and even causing increased flooding. Plant material in dumped piles of soil was growing and adding to the weed burden in the bush.

We have been monitoring the 'health' of the weed, *Tradescantia alba* (Wandering Jew), along the river edge of the reserve since we introduced a biological control smut (fungi) with the assistance of the CSIRO. We were beginning to think that the smut had not persisted in the face of multiple floods. However, inspection this week has showed increased infection of the 'trad' so hopefully we will at least see a die-back and a reduction in spread.

This month's garden escapee causes me a bit of conflict. At the moment it is the cheeriest patch of yellow in my garden.

Meet *Tithonia diversifolia*, also known as Japanese or Mexican sunflower and its orange flowered cousin, *T. rotundifolia*.

This perennial daisy has not yet had a serious escape from the



gardens around Nabiac but information from up the coast, southern USA states and Hawaii indicates it could easily become an issue here. Why is it a problem? It sets viable seeds...lots of them. It's a tall, lanky plant (2-3metres) that's prone to falling over and layering. That one plant can form a clump four metres across if untended. If you want to keep it (and I do), deadhead spent flowers as soon as they fade. Tip prune early in the season to make a bushier plant, prune almost to the ground after flowering and dispose of the stalks where they can't cause a problem.

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



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safety gear are supplied by Midcoast Council. Give us a ring if you are interested.

Remember, even if you can't help in the bush, you can do your bit for our lovely area by removing weeds from your own backyard and removing fruit and seeds from exotic plants that the birds and wind will spread. Most of all enjoy a walk in the local bush!

If you're interested in joining us, having a look at our projects or just having a chat, give me a ring on **6554 3196**.

Liz Rees



NABIAC RSL SUB BRANCH

The Nabiac RSL Sub Branch's next meeting will be held at the Nabiac Village Cafe, next to the Nabiac Hotel, on 13th of July at 11:00hrs.

The Nabiac RSL Sub Branch is open to all Australian Defence personnel and their families, past, serving and present. New Members are welcome.

We are a 'not for profit' organisation and promote the health and wellbeing of our members.

Our monthly outings and inter branch activities include, from social walks and coffee, to challenges of darts and golf, and social gatherings.

Contact: Vice President **Max Frost - 0422 025 539** or Email: vpnabiacrslsb@gmail.com



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Between the Pages

Nabiac Library News



Quite a few Boredom Buster books have been borrowed by our awesome members throughout June. Lots of new skills learnt and I'm certain some amazing creations produced!!

SCHOOL HOLIDAY CRAFT ACTIVITY The School holidays are upon us once again. How about these cute **FELT PENCIL TOPPERS** kids? Sew a crazy monster or an awesome animal.

WHERE: At NABIAC LIBRARY in the SHOWGROUND

WHEN: TUESDAY, 16th JULY, 2024 - 10.00AM to 11.30AM.

Remember to book your spot on the MidCoast Library website.

Don't miss out!!



Friendly reminder!! Items can be borrowed from and returned to any branch of MidCoast Libraries. **You may borrow 20 items** at any one time for **3 weeks**, **6 eBooks/eAudio titles** for **2 weeks** from our **Borrowbox** and **Libby** collections, eMagazines are available from the **Libby**



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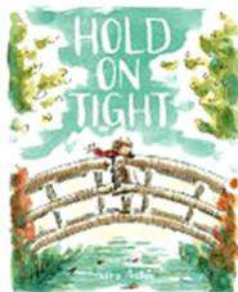
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How about seeking books and magazines to entertain and teach us about weather? Below are several examples currently available at Nabiac library.



Hold On Tight by Sara Acton is a picture book, a whimsical story. Hold on tight to my hand today, you wouldn't want to blow away, would you? A young girl and her teddy get swept up in a story of imagination and adventure.

Australian Geographic Science Extreme Weather we learn of weather cycles and measuring weather. It's found in Junior Animals and Environment.

Storm by Jane Bunn a picture book. When dark, menacing storm rumbles over Jane's house, she has lots of questions... Where do storms come from? What causes lightning? How does hail form? How do we stay safe? Discover all the wild-weather answers in this imaginative and informative story from weather presenter and meteorologist Jane Bunn.



Visit our cosy Nabiac library and browse our shelves for yourselves, or browse our catalogue online. Seek and you will find.

As always our helpful volunteers are looking forward to seeing your smiling faces at our wonderful Nabiac Library. Keep reading, learning and growing.

See you soon!!

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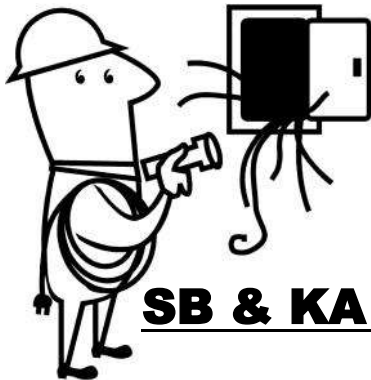
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NABIAC PUBLIC SCHOOL



We have had a busy term filled with sports and extra curricular activities; a big thank you to our wonderful teachers who make this possible! Students have participated in Netball, Soccer, Touch Football, Athletics and Cross Country. They represented the school well, displaying positive sportsmanship.

This week we held our public speaking competition. Congratulations to two of our students who will go onto the next round, representing our school for the Multicultural Public Speaking competition.

Year 5 and 6 enjoyed their visit to Tuncurry Junior Campus to participate in RYSTEM. It was a day long competition designed to provide a positive experience of Science, Technology Engineering and Mathematics. Students worked in teams to complete different challenge activities against other local primary schools.

We have our NAIDOC Day Assembly on **Wednesday the 3rd**, starting at 12:15, followed by a BBQ lunch at 1pm. All Welcome. Please RSVP by phoning the school.

The Nabipatch is flourishing, thanks to the hard work of our students, and staff. For this winter season, we've planted a wonderful variety of fruits, vegetables, and herbs that are not only fun to grow but also great to eat. Our Lemonade & Orange trees, Cos Lettuce, Kale, Brussels Sprouts and Snow Peas are all thriving. It is the perfect time to plant Strawberries, keep an eye out at the school gate for some runners to plant in your garden!

Have a safe and happy holiday. We look forward to seeing everyone back at school on Tuesday 23rd July.

Amelia Bridge

School Administration Officer

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade now has a new, freshly qualified, Bush Fire Fighter in our Brigade. Making the most of the lower number of emergencies we have been called to this year, and the cooler weather recently, he has used the time to undertake extensive training and we are delighted to say he passed with flying colours. As luck would have it, he then managed to get onto a Rural Fire Driver course to ensure that although he is a well-qualified truck drive, he was familiar and confident with driving a fire truck through difficult conditions. It's not just like driving along the highway. There are some tricky and dangerous situations to safely navigate at times.

This is what we like to see and this is what we rely on to ensure we, as a Brigade, are in the best position to help protect our community. In reality, it is a major part of **our** Survival Plan.

Just because it's winter it doesn't mean you don't need a current Bush Fire Survival Plan.

In fact, it is the perfect time to complete or update **your** Survival Plan, and prepare **your** property for the next Bush Fire Danger Period (BFD), which by the way, is only two months away. Didn't those few months fly by quickly? Since our last BFD we have experienced some ideal growing conditions, indicating to us that the fire risk may be higher than normal next season. This, of course, would be due to the amount of fire fuel on the ground and all the lush regrowth following the serious fires we have encountered in the past few years.

There is a time and place for everything, and this is particularly true if you have anyone with special needs living with you. They may be very ill, quite elderly, or have a physical or mental handicap, be it severe or mild.

Special needs call for special attention and that special attention needs to be recognised, considered and reflected in your Bush Fire Survival Plan.

Getting caught in in a natural disaster can be terrifying.



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Our Brigade generally meets at our Station (681 Minimbah Road, Minimbah) at 9am on the second Saturday of each month. Sometimes, but very rarely, we need to change the day due to conflicting special events such as the Nabiab Show.

If you are considering joining the NSW Rural Fire Service, or need advice with preparing your Bush Fire Survival Plan, please call in and see us.

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

NSW Rural Fire Service.

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News from Muse

When people think of Muse Art & Crafts they automatically think of paintings. But 'art' is all encompassing, not just painting and drawing, but literature, sculpture and so much more.

Here at Muse I now have 75 'artists' in a variety of mediums. There are painters, sculptors, blacksmiths, leaded light artists, ceramicists, jewellers, mosaic artists, poets and authors.

Our books are both Fiction and Non-Fiction.

We have the fascinating historical non-fiction works by local *Stuart Weller*. 'The Cream of her Youth', was first published in 1988 and looks at the lives of soldiers during the Vietnam War, from their signing up and beyond. A candid book, it looks beyond the military manoeuvres, focussing instead on the soldiers and what it was like for them and how it impacted their lives. Accompanied by numerous photographs, this book is a must for any military historian.

'Of this Watershed the soldiers of the Wallamba', focusses on soldiers from our area from WW1 through to Korea. Stuart covers every War Memorial in our area looking into the soldiers listed and those not listed.

Whilst on the Non Fiction list we must talk about 'A Little Ray of Sunshine' by *Leonie McKinnon* and *Rebecca MacDonald*. This book is poignant on so many levels, looking at friendship, love and hope as it travels the path of 'Surrogacy' travelled by the co-authors. This book is not only heart-warming, but for those unable to have children, it offers hope. For those contemplating Surrogacy it is a must read, showing the journey warts and all.

Anne Andrews spent many years in Papua New Guinea and has been writing poems and publishing her booklets 'Magic' to help raise funds for Rotary's Polio Plus campaign. Magic features poems about her time in PNG accompanied by her husband's photos. Other booklets she has published are 'Atmospheric', 'Comic' and 'Tonic'.

Roz Baker - Author, Bush Poet, Independent Publisher & Toastmaster.



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Roz has sold over 19,000 books, making her one of the most successful self-published novelists in Australia. Muse has 'Seed of Hope' an historical drama that follows the life of Katie Valentine from her poor upbringing in England to her new life in Australia. It's a cracking good read, skilfully crafted by Roz, the storylines twists and turns with the best of them.

Anne Keen is an accomplished journalist, documentarian and passionate storyteller. So it's not surprising she had turned to writing!!

I have 2 of her books, 'Karama House' is a modern 'coming of age' story of a young woman, Sara, whose life is turned upside down when her parents are killed in a car accident exposing her to a whole new world she never knew existed!!

Her latest publication 'Fifty and Single' follows Christine as she navigates dating following a divorce at the age of 50!! Realising she has spent most of her adult life as a wife the future is challenging.

All of our authors are 'self-published'. This fact in no way detracts from the quality of the work, purely highlighting the cut throat commercial world of publishing. In the case of Roz Baker, she proves that backing yourself pays off.

So, it's winter, treat yourself to a good book and snuggle up in front of a roaring fire and lose yourself in another world.

Also, speaking of quality 'Me' time, don't forget our next Meditation and Sound Healing session is 5.30 Thursday July 25th. Call **0403 826 599** to book, places are strictly limited so book early.

Happy reading
Janice Vance

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COOLONGOLOOK PUBLIC SCHOOL NEWS



Welcome to another exciting edition of Coolongolook Public School news! We are thrilled to share the latest happenings and achievements from our vibrant school community.

First up, our students had an incredible time at the Manning West Small Schools Carnival, competing against Krumbach, Bungwahl, Barrington, and Stratford Public Schools. The sportsmanship displayed by our students was nothing short of inspiring. Staff and parents at the carnival couldn't stop praising our students' exemplary behaviour and positive attitudes. With their outstanding performances, our students secured a fantastic second-place finish, a true testament to their hard work and dedication. These events are so important as they allow students from small schools to compete and build lasting friendships outside their own school communities.

In other exciting news, we recently visited Nabiac Public School to participate in the engaging and educational *Pillowcase Project*, which teaches children how to respond in emergency situations such as bushfires or floods. A huge thank you to **Judith** and her Red Cross team for their informative and fun presentation. The students had a blast designing their very own pillowcases, listing all the essential items they would pack in case of an emergency. This experience also reinforced our learning from last year when we were fortunate to publish our *'Escaping the Flames'* book. This publication focused on an emergency scenario where a fictional family needed to escape an approaching fire and was created in collaboration with the Local Lands Service in Taree. Copies of this book are available at our school office. Our visit to Nabiac Public School not only enhanced our students' emergency preparedness but also strengthened the bonds

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between our schools.

Recently, we were thrilled to open our doors to our newest Kindergarten students, and their families, who will be enrolling in 2025. As always, we encouraged all families to 'come and take a look' at what our beautiful little school has to offer. For those who were unable to attend, please contact the school soon so we can take you on a tour! Kindy orientation days will start early next term and continue into Term 4, providing ample opportunities for the students to get acquainted with our warm and welcoming school environment.

Last week, families received their school photos, and the students looked amazing! A big thank you to **Jacob Martyn** for his incredible support with the photography and production of these wonderful photos. The smiles on the students' faces truly capture the spirit of our school.

We have a host of exciting events coming up! Our students will be competing in the *Small School Soccer Gala Day in Wingham*, which promises to be a day full of fun and friendly competition. We will also have a follow-up *Koala Smart* talk to continue educating our students about the importance of conservation. Additionally, we are looking forward to visiting Bungwahl Public School for our **NAIDOC Week** activities, where we will engage in cultural celebrations and learning experiences.

We are excited to once again be sharing our school news and look forward to passing on more updates next month. For further information, please check out our school's Facebook page at <https://www.facebook.com/coolongolookps/>.

Stay tuned for more exciting news from Coolongolook Public School!

'Coolongolook Public School Staff'

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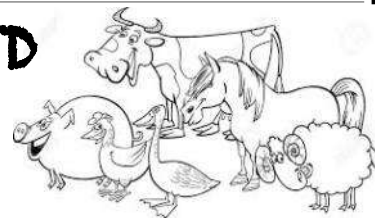
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WALLAMBA CWA REPORT

Wallamba CWA President *Margaret Weller* welcomed 10 members to the monthly meeting held June 11th and received a further 2 apologies.

Following the opening formalities the members paused to remember the passing of a number of locals, Radio and TV personalities since our last meeting and these included the following:-

Neryl Gordon from Coolongolook, *Beverley Fegan* daughter of *Pat* and *George Fegan* formerly of Dyer's Crossing, *Pauline* and *Dick Cawley* (who used to be member of the Vintage Car Club), *Norrie Spicer* who was a teacher at Nabiac Central School who had taught *Bruce Weller* (Margaret's Husband) as well as my late oldest bother *Alan Digby* back in the late 1940's early 50's, local 2RE Radio Manager/ Broadcaster *Hugh McCrindle* OAM, *Bob Rogers* - Australian DJ and radio announcer, *John Blackman* from the "Hey Hey Its Saturday" show, *Robert Sherman*, USA who wrote many musical scores together with his brother for some of the much loved movies including "Chitty Chitty Bang Bang" and "Mary Poppins" and Dr. *Michael Mosely*.

Member *Jean Price* gave us a poem, "Those Were the Days", for our thought this month and it brought back many memories of the 1950's and 1960's whilst *Penny Britton* gave us a quote from Berbard Meitzer which was "A friend is someone who thinks you're a good egg, even though they know that you're slightly cracked, or at times even scrambled."

During business discussion took place as to fund raising ideas and such to boost our branch funds.

These included maybe a Mother's Day stall, Christmas Hamper raffle, and even a Spring Trash and Treasurer/Bric a Brac Sale in the grounds of the Uniting Church. It was decided we should try for Saturday 26th October,2024 which would include some Christmas items.

A number of items of correspondence were dealt with including the Centenary Afternoon Tea @ Wagga CWA in August, Kendall Branch is also hosting the Ag & Environment day, details on next year's Land Cookery Schedule and a reminder to vote on the CWA Motto - to keep it or amend it.

Treasurer *Jenny Ang* presented her Financial Report which was 2nd by *Fay Anderson* and accepted.

Handicraft Officer gave an interesting report on the Handicrafts of France (this being our Country of Study for 2024) which it is famous for. France is renowned for it leather goods and fashion withelegance and quality. France is also renowned for it porcelain and its perfume.



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Many of France's cathedrals have famous tapestries including the Aubusson rugs and tapestries that date back to the 17th century.

Later in the meeting *Pam* donated some of her patchwork items to the branch to sell at Nabiac Nook to raise funds for the branch.

International Officer *Pam Muxlow* focused on French food including breakfast with a variety of quick snacks including tartines (French bread with butter, honey or jam – sometimes brioche) along with café au lait, black coffee or tea. There are a number of other foods such as croissants both, sweet and savoury. *Pam* spoke about the history of the modern day restaurant which had its origins in France which dated back to before the 18th Century of diners going to their local guild member's kitchen and have their meal prepared for them. These were the forerunner of our modern-day restaurants.

Beth Brewster, Ag & Environment Officer focused on the origins of Kombucha, which is a fermented tea popular for its health benefits and brought a bottle of it for members to sample which had a lemon ginger flavour.

Beth also spoke about the poem by *Claire Reynolds* of Gloucester Evening CWA branch which focused on the role of the A & E and the topics being studied this year – it was very funny.

Cookery report was given by Officer *Jean Price*, and she thanked *Merle* for bringing home the new cookery brochures which was available at the State Conference held at Coff's Harbour.

Jean had tried out a couple of the new recipes, the Coconut Loaf and it was very yummy. *Jean's* next challenge is to make a Chocolate bean cake. We wait to taste that one.

Margaret gave us a little culture by telling us that she had watched "Cats" on her iPad which she thoroughly enjoyed.

Penny gave a report on the book "The Paris Bookseller" by *Kerri Maher* which is based on a real story. *Jill* told us about going on "the Riverboat Postman up the Hawkesbury River from Brooklyn following the original Postman's run. Our last item was a rendition of the song "Are you Lonesome tonight" which was a senior citizen's version.

A very full meeting which closed at 11.45am when members then enjoyed at touch of France over lunch.

Next meeting will be held **Tuesday July 9th at 10.00am** at the usual venue when all members and those interested in becoming a member will be most welcome.


Pam Muxlow-

Wallamba CWA Publicity Officer

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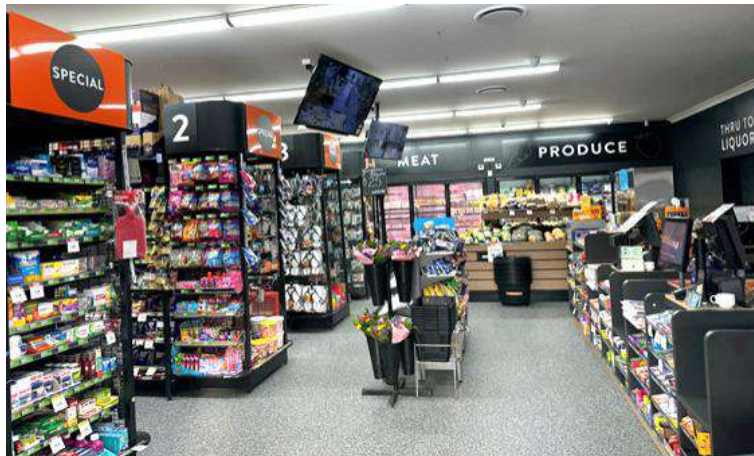
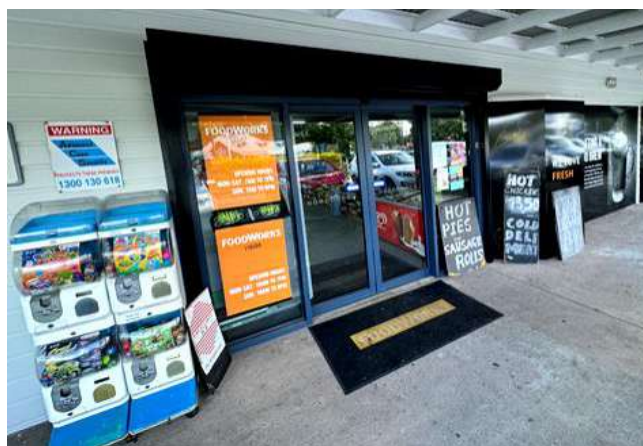
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News from Nabiac Second Chance Op Shop

We hope everyone is keeping warm from this chilly weather. Spring is only 2 months away. Bring it on.
I don't have much to report this month. The Op Shop and Shed is running smoothly.

Change of opening hours for Saturday.

As of 1st June, 2024 Saturday opening hours will revert back to 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

We have a variety of winter jackets for sale. Prices starting at Babies \$3.00 Kids \$4.00 Adults \$6.00.

Also we have a lot of winter shoes and boots for kids and adults. Shoe prices start at \$2.00.

The racks are full of winter and summer clothing. Don't forget you can buy 10 pieces of *unpriced* clothing for \$10.00.

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

The shed is looking for furniture to sell. If you have a dining table, bed side tables, stools and chairs that are in good condition that you no longer need come in and see us in the Shed and bring some photos if possible.

Don't forget the many books, DVD's and CD's along with all the Bric N Brac.

The Shed is having a Special on DVD's 20 for \$5.00.

The History of Nabiac and District.

Books are still available from Nabiac Op Shop and the Shed and the Nook in Nabiac.

The Cost is \$30.00. If you haven't purchased a book and would like a copy we still have books available.

All profits from the sale of this book will be going back into the community.

Kind Regards

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

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Krambach & District Garden Lovers News



This month we had to change venues because of the weather and had our monthly meeting at the Krambach Hall where we welcomed *Mal McKinray*, the Zone co-ordinator for Gardens of Australia.

Mal gave a very informative talk on the use of fertilizers. Mal was presented with a handmade wood turned pen made by *Scott, Jenny's* husband.

Colour for the monthly competition was orange and we had quite a good display.

This was won by *Merle* with her Chinese Bonnets.

Our July meeting should be at Failford, weather permitting.

Happy gardening

Judi 6559 1375

Stew, stock or soup too salty? Add a whole peeled potato (not pieces) and simmer with stock, etc., for 15 to 20 minutes. Potato will absorb excess salt and then can be lifted out and discarded



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NEWS FROM BUNYAH

★ This month is all about behind the scenes brilliance and front row success by an extraordinarily resilient lady, **Mrs Neryl Simpson**, who led her A-Team, **The Bunyah Public Hall Committee** to triumph after triumph for over 24 years.

Let us all join in acknowledgment as Neryl celebrates her **80th Birthday** alongside her many friends, **The Bunyah Tennis Ladies** and commemorate all of her accomplishments for our Town and Surrounding Community.

Neryl founded the **News from Bunyah** in the monthly edition of **Across the Fence**, initiated the building of the new **Lavinia Murray Bridge**, and was successful in sourcing an overall total of \$72,107.00 in **Grants** for our hall and ground facilities.

One of **Neryl's** biggest successes was raising an outstanding amount of \$56,687.00 over a 20 year period, hosting the **Biggest Morning Tea**, held on behalf of The **NSW Cancer Council** and as a result became the **Cancer Council's highest Fundraisers on the whole of the NSW North Coast** for 2 years, and then later organised another fundraiser, attracting 900 guests to our **Bunyah Public Hall**, which raised \$8,125.00 for the purchase of an **AccuVein Machine** for the **Palliative Care Ward** at **Manning Hospital**.

In 2023 Neryl passed over the reins as president of the **Bunyah Public Hall Committee** but continues to shine as an active member of the team and coupled with her invaluable guidance and insights has inspired, **The Bunyah Hall Committee** to carry her wisdom, strength, and kindness forward to continue her legacy for bringing growth and progress to our Town and Community.

☆ **HAPPY BIRTHDAY NERYL!!** ☆

Lots of love, The Bunyah Hall Committee



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Last Saturday of each month, except December

The next market is 27th July



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June Market News

Luck has been on our side all year when it comes to the weather. After a chilly start, the market was bathed in beautiful winter sunshine, all day. The vibe was relaxed and vibrant. Rain is set to fall for the whole coming week!

A "5th Saturday" market is always a big day, with more stalls and more people! We also had several new stalls.

Many stalls I chatted with reported excellent sales today.

It is exciting to see the range of different ideas which stallholders bring to the market.



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 27th July.

www.nabiac.com nfmcoordinator@gmail.com

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Laura Pennington

on behalf of the Nabiac Farmers' Market committee.



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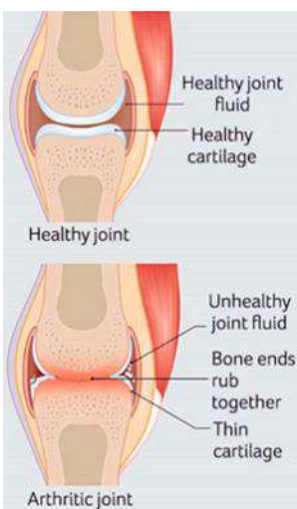


Arthritis can be a real pain in the tail!



Ruff Day? Winter is here, the grass is getting stiff and so are some dogs' joints. Happily, there are many effective arthritis treatments that can keep their tails wagging.

Osteoarthritis (OA) is very common, affecting 1 in 4 dogs. It involves the inflammation of one or more joints affecting the joint space, bone and cartilage. Just like in humans, arthritis can cause discomfort,



stiffness and decreased mobility. It typically develops due to normal wear and tear as dogs age, but can also be triggered by factors like genetics, obesity, traumatic injury or joint abnormalities. It therefore can be found in any dog, young or old, big or small and any breed, mixed or pure-bred. Unfortunately, OA is a painful, progressive disease that cannot be cured. However, there is good news, that pain can be managed and there are many ways to keep them comfortable with help from your Veterinarian.

One challenge is that dogs are adept at hiding their pain. They may not limp or yelp until the arthritis is severe, but there are subtle changes in

their behaviour that can be red flags arthritis is developing. Common signs to look out for include: stiffness when rising and sitting, reduced exercise tolerance, reluctance to jump and play, restlessness including throughout the night and the inability to get comfortable when on hard surfaces. If you notice any of these signs, have a chat with your Vet and they can help manage your dog's pain. A Vet will examine your dog's legs, watching them walk and rotating their joints to help pinpoint which joints are affected. Severe cases may require x-rays to rule out more serious causes of lameness that require more specific treatment, including surgery.

Manning Great Lakes Woodworkers Incorporating the Bridge Gallery

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Email: mglwoodworkers@yahoo.au

Web Site: www.mglwoodworkers.com

Depending on what your vet finds on exam, there are many treatment options, and a plan can be created to best suit you and your pet. A multimodal approach is most effective, and this means using a combination of both lifestyle and medical management. Lifestyle can be modified at home and includes weight management, controlled exercise and reducing slipping. Overweight dogs have more loading and heavier forces on their joints which increases inflammation, so losing weight can help immensely. Regular, gentle exercise is also important; however, you should reduce the amount of high intensity exercise i.e. jumping, deep sand and running for long periods. Reduce walking on slippery surfaces, the addition of rugs to tiles, floor boards and lino will help.

There are many medical treatments that can be tailored to best suit each patient's needs. Joint supplements such as 4cyte may provide some therapeutic benefits, but for dogs with moderate to severe arthritis, usually medications providing more pain relief are necessary, such as non-steroidal anti-inflammatories (NSAIDs). Synovan, an injection provided by your vet, is an anti-inflammatory osteoarthritis disease modifier that combats the effects of wear and tear on the joints and increases joint fluid production to help joint lubrication and cushioning. Beransa is a new medication administered monthly, that provides wonderful relief from arthritis. It is a cutting-edge antibody treatment that targets nerve growth and Vets have been seeing fantastic results. Your Vet can provide advice on which of these medications may best help your pet.

Ongoing monitoring is important when beginning a new treatment as this will allow you and your vet to assess and track your dog's progress and help to ensure the right treatment plan is formulated going forward. So, let's give our furry pals a leg up on arthritis and keep them wagging their tails for years to come!

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Our Grey Ghosts - (just can't keep them at home)

And away again, (whilst we can). To Cessnock 'n Singleton for a three day pre 1920's Veteran car run. We took 3 cars from the Museum, **Model T Ford** 2 seater, (Jodie 'n David Neville), 4 seater **Hupmobile** (Sue 'n Garry Turney) and the star of the group, **Studebaker**, cut down from a tourer and converted into what most called "the prison van or sometimes an ambulance" (with a dodgy clutch 'n brakes), Margaret 'n BH. All from 1917 model year.

Should have been 4 but one driver, **Brian Kelleher** had a motorcycle injury a few days before so was a painful observer with Margaret.



All up there were 20 vehicles with 53 souls to do some 300ks over the three days, up 'n down hills in old cars, most in great, but some in doubtful condition. The Model T had to be towed over one long hill but was the only trouble the Nabic crew experienced; well done guys 'n gals!



Left - Model T - Right 1917 Hupmobile with Garry

Wet weather? Yep, but we had raincoats. But no wind-screen wipers (because they weren't invented). Heaters? Nup, same reason. Brakes? Sometimes and rear wheels only, and armstrong steering. Top speed for most was about 55kmph.

Most vehicle makes on the run no longer existed by the 1920's as competition and merges from the three big companies put paid to smaller manufacturers. A credit to those owners who lavish such care on their pets.

Well organised event by the Newcastle chapter of the Veteran Car Club of Australis (VCCA) and thanks heaps to **Kelly & John Burke** and John's parents, **Max and Joan**, who together have organised the 23 previous annual events. This was, unfortunately for us, their swan song.

A great job guys!



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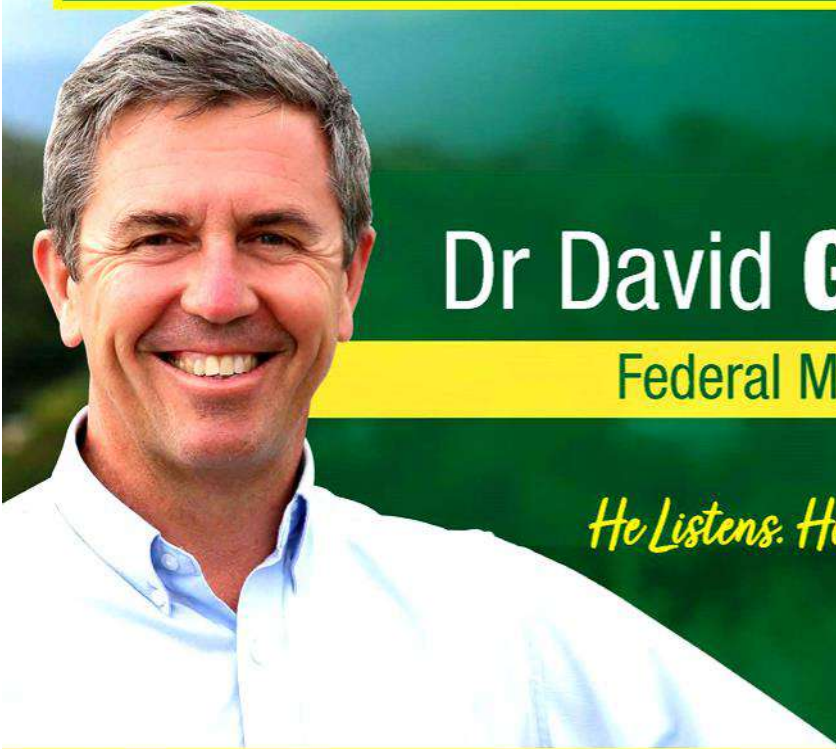
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Hello everyone,

Nearly 2500 years ago Hippocrates said:

"Let food be thy medicine and let medicine be thy food"

He was considered to be "The father of medicine" and lived until he was 90.

The recent winter weather has been stunning, with wall-to-wall sunshine. However, there are lots of cold and flu viruses around, so it's time to pack in the nutrients.

Food is part of your medicine cabinet.



- Broccoli contains glucosinolates, which have anti-cancer compounds
- Ginger and garlic are anti-microbial; great for fighting bad germs
- Apple contains antioxidants and is a source of prebiotic fuel for your beneficial gut bacteria.

Green Soup:

Here's a delicious soup recipe which features in-season veggies. It

will have your taste buds, and your immune cells, jumping for joy! It is wonderfully cleansing and a beautiful colour too. Here it is served with a drizzle of cashew cream, which adds protein, fibre and healthy fats, plus B-group vitamins.



- 1 medium broccoli head
- 1 large onion
- 2 tablespoons extra-virgin olive oil
- Salt to taste
- 3 garlic cloves
- 1 tablespoon chopped fresh ginger
- 2 small zucchini
- 4 shallots, trimmed & roughly chopped
- 5 cups baby spinach
- 4 cups real chicken bone broth or vegetable broth
- ½ a peeled, diced apple

Sautee the onion, and half the salt, until the onion has softened. Add the garlic and ginger and cook for half a minute, until fragrant.

Add the broccoli, zucchini, scallions and apple to the pot. Mix well. Pour in the broth and the remaining salt. Cover and cook for a few minutes. Add the spinach and stir until the spinach has wilted.

Allow to cool before blending. I like to use a stick blender.

Add topping of choice (eg: cheese, cream, yoghurt, nuts) and a swirl of olive oil.

Eat well and be well everyone.

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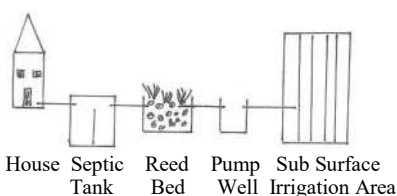
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REAL KULTCHA

I'm scribbling this opus on the back of a drink coaster as there are several important tasks I need to get done otherwise *The Child Bride* will be after my hide!

The Olympic Games begin in Paris this month and while the media have gone close to producing a figure on how many medals we'll win, they haven't quite crossed the line: that would be the kiss of death. How will we go? Like me, you'll just have to wait and watch. There has of course, been a lot of talk about WADA (the World Anti-Doping Agency) "covering up" a positive drug test on a veritable herd of Chinese swimmers, many of whom will be in Paris. I'd suggest the drug lab in Paris is going to be busy.

And speaking of the Paris Olympics, this year will also see the winners of a gold medal in athletics also take home \$US50,000 each. Yep, that's prize money. "I thought the Olympics were amateur?" In the beginning they were but times have changed. A move is also afoot to extend the prize money to the silver and bronze medallists at the 2028 Los Angeles Games. Will other bodies (i.e. swimming, etc) follow suit? Have to wait and see.

Oh, and Haley Lewis (you remember her – a three time Oz Olympian swimmer) was pool side at the Brisbane Aquatic Centre mid June to see her son Kai swim fast enough to gain selection in the Oz team to Paris: like mother like son.

Meanwhile, over in the USA and West Indies, the Twenty20 World Cup is taking place. "No big deal," I hear you mutter. Well, like Rugby League, cricket is trying to break into the US market and so this World Cup was deliberately set over there to generate some interest. The US team (they're in the comp because they're one of the hosts) beat Canada in their first game. That was a surprise to me because I didn't think Canada played anything but ice hockey! Then, the US team beat Pakistan!!!! Ooops, better have another look at this. So I Googled the team and here are their names: Monank Patel, Saurabh Netravalkar, Aaron Jones, Ali Khan, Jasdeep Singh, Steven Taylor, Shayan Jahangir, Nosthush Kenjige, Nisarg Ketankumar, Usman Rafiq, Saiteja Mukkamalia, Abhishek Paradkar, Gajanand Singh, Kyle Phillip, Cameron Stevenson, Sushant Modani, Saideep Ganesh and Vatsal Vaghela. Yep, quite a few sub-continent players there! And will the sport take off in the US? I predict the efforts of the US team in this Twenty20 World Cup will rumble around the country like another bucket of water over Niagara Falls!

Some have said Rugby Australia is just *rearranging the deck chairs on the Titanic* given they've punted the *Melbourne Rebels* from whatever their comp is called this month! From what little I've seen (and that's just looking at the table occasionally) I'm surprised they didn't also punt the NSW team! I still think the boffins in charge over the last decade or so weren't paying attention and the game has died. The sad part is it won't fall over!

There's still talk about the ARL expanding. Those in charge of course, would like that talk to stop while the inclusion of *The Dolphins* is bedded down. It won't stop though and Gosford is still hollering to get in, government Ministers in PNG are talking up how safe players will be in their country should a team be based there, Perth has put up their hand and there are rumours a second team could/should come out of New Zealand! Who'd want to head the ARL?

By the time you read this waffle, the *State of Origin* could be over but the fallout from **THAT HIT** on Reece Walsh will still be raw. The hit (and the stoopid talk that went before) was bad and the bloke deserved to be sent off. But, the game was destroyed. Does this make any sense? Send the guy off, yep, but why not replace him on the field with one of the bench players rather than have a lop-sided game? Yes, the team would then only have 3 on the bench as subs but that's the price you pay.

A few quickies to finish on: the Oz Women's Sevens team has just won the World Sevens Series in Madrid and are looking good for Paris; the former AFL boss Gill McLachlan has been appointed the new boss of Tabcorp. The papers seem to think it's a big bet by the board but time alone will tell if he can make a go of the new job; oh the waste! Saw an item on Jarryd Hayne walking out of prison the other day. He had the world at his feet and his future was solid and then made some *poor life decisions*; Bryson DeChambeau won the US Open golf tournament but it could be said he didn't, rather that Rory McIlroy lost it. Just like Greg Norman in the 1996 Masters, Rory stumbled in sight of the prize. Unlike *The Shark* however, he didn't stay around to congratulate Bryson – he just bolted. Very poor form; and all ARL teams have sponsors but when *The Dolphins* got the backing of *Alternaleaf* there was trouble. You see they're a clinic that prescribes medicinal cannabis! Ooops. The ARL is thinking hard about that one.

Talk at you next month,
The Hillside Critic



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Snippets



Changes to pool operations for next swim season

After significant community consultation a decision has been made on the management and operation of swimming pools across the MidCoast region.

At Wednesday's ordinary Council meeting Councillors agreed there would be no change to operating hours and Bulahdelah, Krambach, Nabitac and Stroud will all remain unsupervised. **Access will be controlled through an electronic entry system.**

The cost of season membership at these pools for 2024-2025 will be **\$50** per adult (16+), **\$40** for concession holders and children under 16 will be free, **as long as they are accompanied by an adult.**

It was also agreed that the swimming season would coincide with eastern daylight savings time and there would be no change to the opening times of pools.

Voting in the NSW Local Government elections

Non-resident MidCoast ratepayers can vote in the upcoming NSW Local Government elections, while voting is compulsory for all residents aged over 18.

Local Government elections will be held on **Saturday 14 September.**

The non-residential roll allows people who are non-resident owners, occupiers and rate-paying lessees of rateable land within the Mid-Coast Council area to have a say in who is elected to Council.

Non-residents who wish to vote in the September elections must register by 6pm, 5 August 2024. Forms are available on Council's website at www.midcoast.nsw.gov.au/election. If your ratepaying neighbour, friend or relative lives outside the Mid-Coast LGA, let them know they can vote for their preferred MidCoast Councillors.

Voting in the Local Government elections is compulsory for everyone living in the MidCoast. Anyone who has recently moved to the area is encouraged to make sure their details on the electoral roll are up to date.

The upcoming election will allow voters to choose the 11 Councillors who will make decisions for the MidCoast area over the next four years.

on **1300 022 011.**

Anyone can become a candidate in the Local Government Elections

If you've ever considered representing your community as a Mid-Coast Councillor, now's the time to find out more with the nomination period starting **Monday, 5 August 2024** and ending at **12 noon Wednesday 14 August 2024.**

Every four years the community gets the opportunity to vote for the Councillors that will represent them and make decisions on their behalf.

People from all walks of life can become candidates in the upcoming election. Background and education are not obstacles to applying. Those who are elected by the community are supported to understand their role through an induction and onboarding program.



FUNDING BOOST FOR HEALTH IN THE MYALL LAKES

Member for Myall Lakes, Tanya Thompson, has secured \$180 million in funding for healthcare facilities across Myall Lakes as part of the 2024-25 NSW Budget.

Mrs Thompson said the \$180 million Lower Mid North Coast Service project merges the Manning Hospital Redevelopment Stage 2 project and Forster Public hospital project.

"This funding means the Manning Base Hospital redevelopment can move forward and we can recommence the planned investment towards public health services in Forster-Tuncurry.

"Health Infrastructure is working to deliver Stage 2 of the Manning Hospital Redevelopment to provide patients, carers, and staff with new modern hospital facilities to help meet the health needs of our community," said Mrs Thompson.



LOCAL NATIONALS TO HOST A NUCLEAR ENERGY INFORMATION FORUM IN TAREE

Local Lyne MP, Dr David Gillespie, and Chair of Nuclear for Climate, Mr Robert Parker, will headline a Nuclear Energy Information Forum in Taree in July, Lyne Electorate Council Chairman Alison Penfold announced today.

The Information Forum, scheduled for **6pm on Tuesday 9 July at Club Taree**, will endeavour to provide local business owners and residents with an introduction to nuclear energy and its potential to provide Australians with cheap and reliable electricity.

"Australia's current energy policy is not serving our country's short, medium and long-term best interests," Ms Penfold said.

"The Nationals have put nuclear energy on the table because we believe that we should be exploring all viable energy systems to ensure that Australians have access to cheap, reliable, and sustainable electricity.

To find more information about the Forum, including how to register to attend, please go to <https://NationalsNuclear.eventbrite.com.au>

Council will also hold a local information session for potential candidates so they can talk to current Councillors and learn what it's like to be a MidCoast Council Councillor. There will be two information sessions held, both at the MidCoast Council Customer Service and Administration Centre, Yalawanyi Ganya, 2 Biripi Way, Taree.

The first one is on **Monday 15 July at 3.30pm**, and the second will be held straight after the Council meeting on **Wednesday 24 July at 5:30pm**. Light refreshments will be provided.

The NSW Electoral Commission provides everything you need to know about campaigning to become a Councillor in the 2024 NSW Local Government elections, including a number of webinars located at <https://elections.nsw.gov.au/elections/local-government-elections/2024-nsw-local-government-elections/becoming-a-candidate-for-the-2024-local-government-elections> or call the NSWEC during business hours on **1300 022 011**.

If you decide to campaign, you should also ensure you understand your local obligations in relation to Council's signage policy

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'A SHOT OF WHISKEY'

In the old west a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

THE WHOLE NINE YARDS

American fighter planes in WW2 had machine guns that were fed by a belt of cartridges. The average plane held belts that were 27 feet (9 yards) long. If the pilot used up all his ammo he was said to have given it the whole nine yards.

BUYING THE FARM

This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

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Show News

Not a lot to report this month as we are getting ready for the AGM next month on **13th at the Show Grounds at 7:30pm**, when the Show will get new Committee members to take on the tasks of deciding what will happen at the 112 Show in March, 2025.

In next month's issue of Across the Fence there will be a nomination form for Show Members to fill in regarding new Committee Members and send to the current Secretary and also a Membership Form for those who wish to join as Show Members. I will also get them put onto the show's web page this month for you to download if that is easier. Send them to Wallamba D A & H Assoc. Inc. Nabiac Street, Nabiac. 2312

We have purchased a **SHOW PHONE** so that in future the Secretary's contact number will always be the same, no more confusion as to what number it is with changing secretaries. It will be printed in the Programmes and be put on the web page.

We have been fortunate to receive a grant to purchase some vests for our volunteers to wear so they are visible if needed during the show and also to let patrons know they are safe people to approach for help and information.

We held a "Thank You" BBQ, a tad belatedly, at the Showgrounds last month for the volunteers of 2024 Show to express our appreciation of their time and the effort they put in on Show Day and the lead up to it. There was a reasonable attendance and all had a great time.

Next year we will get our act together a little faster and have it as soon as possible after the Show.

That's about it for the moment. More details next month.

Lyn Reid

Acting Secretary

Old is great!

An older woman was asked, "At your ripe age, what would you prefer to get : Parkinsons or Alzheimers?"

The wise one answered, "Definitely Parkinsons - Better to spill half my wine than to forget where I keep the bottle."

A bloke walks into a Glasgow library and says to the prim librarian, 'Excuse me Miss, dey ye hae any books on suicide?'

To which she stops doing her tasks, looks at him over the top of her glasses and says,

'Buggeroff, ye'll no bring it back

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Welcome to Deb's Gardening,



I have been lucky enough to obtain a pile of mulch from the tree mob that are cutting down branches that are close to the power lines in our area; it's amazing what you can score when you ask nicely! This year has gone by so quickly that I didn't realise that it's been almost a year since I last bought a load of mulch and spread it around the garden, hence why I am getting so many weeds come through because the mulch has broken down and needs topping up. So getting a free load has saved me a small fortune. The mulch doesn't just contain wood chip but leaves as well so makes it a good C:N ratio (carbon, nitrogen) If it was just wood chips, though wood chips looks good in flower beds and last a long time giving protection to the soil and preserving moisture, the C:N ratio is about 400:1 so it takes a long time to break down to the 12:1 plants need to become food.

I never use woodchips around the orchard or in the vegetable garden; I always use a green mulch, such as pea straw, hay or Lucerne hay because fruit and vegetables need a higher nitrogen level. I have read that Lucerne hay gives plants protection against diseases like root-rot and other fungal problems. Of course, and I know I have mentioned this a lot, whenever I pull out a weed it goes straight back onto the soil and that is a source of green mulch, but as it has been so wet of late I have to go over it a few days later because they won't wilt and die, they want to keep growing but it's easy to give them a quick turning over and eventually they die. One day soon I will be cutting back the row of red hot pokers to almost ground level and I always just lay down the grass like leaves onto the garden bed. It doesn't take long for them to break down into the soil and disappear and that's another source of green mulch.

I have been picking a lot of lemons and limes and guavas and taking them to golf and giving them away. The ladies are always commenting on how big and juicy the citrus are. I was amazed that not a lot of ladies knew what a guava was or have never tried them before. Not to every ones taste but I love it when its guava picking time, it's a guava a day for me. One golfing lady did ask me why her limes were small with hardly any juice. I asked her does she mulch her trees, she said no. Citrus trees do not like grass around them as they have a lot of shallow roots, so I suggested she mulch her trees with a green manure around the drip line of the trees but keep the mulch away from the trunk so it does not get collar rot and to give them some fertiliser such as old dry animal manure and a hand full of

blood and bone every now and then but don't overdo it. And when they do need water, to water away from the trunk, water the mulch. That's what I do and the results are in the fruit. I have made lemon and lime cordial, guava jelly and I am trying out a guava liqueur. The oranges and mandarins are coming on soon to, so much fruit to pick.

I have noticed a lot of self sown annuals popping up throughout the garden, such as primulas, chrysanthemum daisy and Chinese forget me nots, not to mention cleome (spider plants), they are prolific self seeders and seem to come up at every season even in winter. It makes me realise I should always wait to mulch when the spring flowering annuals finish emerging as they would get buried under the mulch and not germinate at all. I have dug up a few that have come up in random spots and moved to other garden beds. So it pays to let your annuals go to seed and let them die down naturally and not pull them out, even though it makes part of the garden look ugly but the rewards are beneficial.

The days are going by very quickly and I keep looking at the newly scored mulch and thinking to myself, I've really got to make time and get the mulch on as not only does mulch suppress weeds but it imitates the nutrients- saving nature of the forest: Eliminates water splash and the soil borne diseases: Controls nutrient loss through leaching in heavy rain: Prevents soil getting a hard crust: Encourages worm life to work at the soil surface accelerating soil improvement: Adds humus creating organic matter to the top of the soil. We will see what happens; there is only a certain amount of time in a day.

I did spend some time transplanting a few of the plants from a garden that I am loosing because of the renovations. It contains Hibiscus, salvias, pineapple lilies, lambs ear, tibouchina, daphne, brunsfelsia, an oyster plant and a lot of dahlias. This particular garden surrounds the septic tank which now has to be removed and filled back in and the other half would prefer it to be just lawn (AS IF THAT IS GOING TO HAPPEN) Another way to suppress weeds is to dense plant and fill up any gaps, which will imitate a forest look, so that is what I am going to do with some of the plants that have to be removed. No gaps, no weeds. I will just liquid fertilise the garden more often with the made up tea that I brew from weeds that have gone to seed and the soaked animal manure and scatter organic life. Plus whenever the plants need a prune, leave the pruning's on the soil. That will be all the garden will need for fertilising.

The renovations are coming along finally, the roof is now finished, the cladding is on and the gyrockers have started. I have taken on the

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role of chief painter and have started painting the exterior of the house.

I can't see a lot of work being done in the garden for some time. The lawn is mowed and the whipper snipping done which makes it look tidy and makes me feel better so the garden will be doing it all on its own.

Every evening I will still be going down to the vegie garden to pick my vegies for dinner as I am picking broccoli, a lot of leafy greens, capsicum and spinach, and soon peas, but as for the rest of what's growing and not quite ready to pick, like the cauliflowers, cabbages, beetroot, finally germinated carrots, broad beans, onions, garlic, potatoes, strawberries (though I will have to get the net out for the strawberries soon if I want to eat any), they will be looking after themselves; the house is the priority at the moment. I am done living in squaller and it is so cold that I am anxious for this house to be finished. So it's back to the painting, sanding and spak filling for me.

Living through a renovation is like living in the wild... you do whatever it takes to survive.

until next time.

Deb



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Good Medicine

Nevertheless Change

Have you tried anything new lately --- can you remember when you did? We all know how good change is for us, **nevertheless** we seem to shy away from it. Speaking from experience, changing is less appealing as we get older ... eg when I read about a 90 year old lady who jumped out of a plane for the first time I was impressed...but not inspired. If you can't remember your last new experience your comfort zone 'might have become a rut', mmm let me think ...

When explorer Christopher Columbus returned from his first trip across the Atlantic in the fifteenth century he was hailed as a hero for discovering new lands ... **nevertheless** people still believed the earth was flat. It took 'another generation for minds to change about that'. Change can be scary, and make us feel alone or helpless ... we'd rather feel we're in charge.

In *Genesis 12* God told Abraham to leave his family, relatives and country and go to another place which God would show him, and he would be blessed and have many descendants ... imagine how he felt about such a huge change ... he didn't know where he was going or how long the journey would take. **Nevertheless** he trusted God and set off by faith. When he arrived in Canaan he was told that the land in every direction as far as he could see would belong to his descendants.

This must have taken a lot of faith to believe as, at that time, he didn't have any descendants or even a child and he was 75 years old. Abraham's story could be called a success story; he lived to one hundred and seventy five and ended up with a son, descendants, riches and fame ... and was even called the friend of God, *James 2:23*.

Peter in the New Testament also experienced the power of 'nevertheless'. When Jesus told him to let down his nets for a catch he said 'but Lord we've been fishing all night ... **nevertheless** at your word I will let down the nets'. The result was a miraculous catch which broke the nets, *Luke 5:5*.

Peter was also the one who walked on water while he had faith, *Matthew 14:29*.

God calls us to trust and obey, even when evidence and experience say otherwise. I remember singing 'Trust and Obey' in Sunday School.

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

July Mass times are Saturday 6th at 5:00pm, Saturday 13th at 5:00pm, Saturday 27th at 5:00pm
August Mass Saturday 3rd at 5:00pm
(contact **Helen Legg** on 6559 1211)

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

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Have you ever thought about the promise of the rainbow. After a storm a rainbow is a sign of a change ... from scary thunder and lightning to peace and God's promise. After the flood of the Bible God promised to never again destroy the earth with a flood and the rainbow was the beautiful phenomenon which was the sign of this covenant. To see some lovely pics of rainbows around the world go to The Christian Lobby's website and type in rainbow of promise.

Next time there's a chance to parachute ... maybe make a change.

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.

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

Alan, Terry, Stewart, Jillian and Sheila.

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 20th at 5:00pm
***Note: During the winter months Mass is held @ 5:00pm**

NEVILLE EARTHWORKS

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Useful Numbers

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Essential Energy - General enquiries	132 391
Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing	5565 1222
Post Office - Krambach (closed 1pm to 2pm)	6559 1240
Post Office - NABIAC	6554 1211
Fire Permits	1300 643 262

Remember if you want to know what is happening in NABIAC,
just look it up on the web - nabiac.com
If you want to advertise an event, visit the web site and click
SUBMIT

Do you need a *Justice of the Peace*?

Then contact

Stuart **Weller** on 6554 1904 (NABIAC)

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

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

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

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

Vicki **Turner**, on 0422 115 454 (NABIAC & Minimbah)

Amanda **Chapman**, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing

Jane **Hallock**, on 6554 1107, 82 Clarkson Street, NABIAC. 9am-3pm weekdays.

Brett **Dennett**, on 0459 988 241 (Failford)



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6554 1326

Barb's

Hair care...

0431 168 318

Belinda available Monday - Tuesday - Wednesday - Friday

Barb available on Monday - Tuesday - Wednesday - Thursday

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

"A beautiful face will age and a perfect body will change, but
a beautiful soul will always be a beautiful soul."

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

Wanted: Euchre Players

We play every Thursday night in the old Catholic School Centre at
Krambach. We start at 7:00pm and generally finish about 9:30pm
We then have a cuppa and a chat, all for \$5.00.

Doesn't matter if you are only a beginner, you would
be most welcome

To find out more please ring

Helen on 6559 1211 or 0429 778 011



★ **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

Attention

KRAMBACH SCHOOL OF ARTS AGM

will be held on
19th August
@ 3:00pm

in the
Krambach Hall
All positions
vacated on
the day.
All welcome

HAIR STUDIO

JO FAZIO
0427 009 377

hairstudio-13@hotmail.com
13 Carefree Road NABIAC