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ACROSS THE FENCE

Krambach Country Music Day

Sunday 25th August

10:00 am to 4:pm
Krambach Hall
Details page 3



PUBLIC NOTICE

The Annual General Meeting

Of the

WALLAMBA & DISTRICT AGRICULTURAL HORTICULTURAL ASSOC. INC.

Will take place in the Showground Hall
Nabiac Street, Nabiac on

Tuesday 13th August, 2024 @ 7:30pm
to elect Committee Office Bearers

Followed by the General Meeting
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Membership is \$10

Further details on page 13



News from the Wallamba Watershed is a d ts a PRODUCTION



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Editorial.

Hi all,

Still a bit on the nippy side and a bit miserable over the last couple of days but checking my calendar, I found we have not had much rain, or I haven't, over the past month.

A couple of new ads again this month. One for an electrician and the other mechanical repairs. Both should be kept busy with the way the area is growing.

I have had a few problems as my computer is playing up (keyboard has died) and I am now trying to find a replacement before it totally dies on me. Bit difficult as I like a large 17" screen and they are not common.

Tax time is here again so I expect everyone is busy getting paper work finished to send in.

The Show's AGM is looming and hopefully a new Secretary and Treasurer will be found to fill the vacant positions. Any takers???

The schools seem to have been busy with NAIDOC week and other events and they seem to have a lot of things going on in August. Good luck for the Nabiac kids who have made it to the Zone events.

Apparently Coolongolook is now able to take new students from the Bunyah area and save them having to do the long trip to Bulahdelah.

Something of a problem that living the country causes for parents, having to ferry kids to school as they don't often live on the limited bus routes and many live many kilometres from their schools.

The winds have started up, good ole' August, so anyone wanting to burn off will have to be circumspect and pick the right day. My stacks are still too wet to light and I am hoping I get them done this year as I didn't manage to light up last year's.

Minimbah Fire Service seems to have had a quiet month, thankfully, and they are also looking for a new Secretary. Anyone interested there??

The Taree Blood Bank is in dire need of more volunteers for blood and plasma. Until they started sending me articles I didn't know that they collected plasma. Intriguing how they can separate it from the blood.

The Wingham Vet's article is very interesting this month. You tend to forget, or not think, of your animal getting problems that we suffer from and they, unfortunately, can't tell us they are ailing.

Until next month, keep well & warm and stay happy

Lyn & Timidthy



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

• Bulahdelah	(1st Sat)	3 rd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 th	8am to 12 noon
• John's River Country	(2nd Sat)	10 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	3 rd	8am to 12 noon
• Myall Quays	(3rd Sat)	17 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 th	8am to 12 noon
• Krambach	(3rd Sun)	18 th	8:30am to 1pm
• NABIAC	(Last Sat)	31 st	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	25 th	9am to 1pm
• Forster Town	(2nd Sun)	11 th	8am to 2pm
• Halliday's Point	(1st Sun)	4 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 th	8am to 1pm
• Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm
• Gloucester	(2nd Sat)	10 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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Nabiac Landcare



August 5th-11th is Landcare week this year. We are part of a movement of more than 6,000 groups with over 140,000 volunteers who work in all areas from the coast to the centre, from farmland to rivers to swamps to deserts.

Keep your eyes open for activities with the theme 'Landcare if for Everyone'.

Our landcare team is busy doing follow-up weeding at the Lilly Pilly Bend reserve. We are slowly making inroads on the privet, camphor laurel, Senna and lantana in the area. Of course, areas that were dense with weeds, particularly privet, are now plagued by seedlings! The literature suggests that privet seeds are usually viable for three years, so hopefully we will get on top of them. Unfortunately, spraying isn't an option because some things that are coming up are natives that we want to encourage.

If you happen to walk along the outside of most of our work areas, you may think that not much is happening. This is because we often work from the 'inside out'. Keeping the edges of the bush area closed helps to protect the area from excess light and wind. Wind blown seeds are also more likely to be trapped on the edges.

We've also planted another fifty plants ranging from trees to ground cover plants like lomandra → and dianella. These will help fill in gaps where we have cleared. Thank you to local Landcare coordinator, Joel Dunn, and the Midcoast Council nursery for supplying the plants.

Oh, don't be fooled by the cold....the ticks and leeches are still out there and hungry!!! Speaking from personal experience.

Nabiac Landcare normally works each Wednesday (weather permitting) 8-9am to 11am, followed by a very yummy morning tea. Membership is only \$2.00 plus an occasional donation to the morning tea fund and new members are always welcome. Training, tools and safety gear are supplied by MidCoast Council. Give us a ring if you are interested.

Remember, even if you can't help in the bush, you can do your bit for 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



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Krambach & District Garden Lovers News



Hello everyone,

Our garden club morning was spent at member **Pam's** garden which runs down to the Wallamba River at Failford.

We have visited here before and it is lovely to see how the garden is maturing. She has a massive Indian Hawthorne which is glorious.

We had to hold off from visiting last month because of the rain and Pam put in a lot of effort for this visit.

I know at my place it is still very wet underfoot even though I live on the side of a hill.

It is time for me to get stuck into the weeding and finish pruning.

Our meetings are held on the last Monday of the month and are very friendly. If you think you would like to join us you could get in touch with the numbers below.

Until next time

Happy gardening

Judi 6559 1375 or 6550 2590

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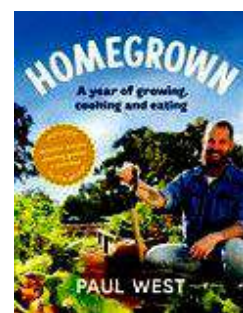
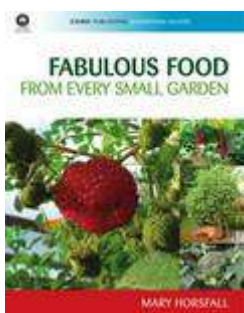
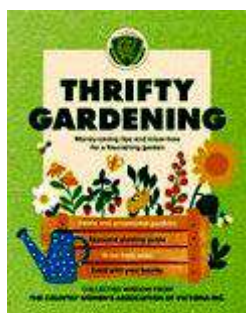
Nabiac Library News



Hello there from Nabiac Library! July has certainly given us all a whole gamut of weather conditions, including blustery, icy snow laden winds, and finally this past week some glorious sunny days. A little taste of Spring. The wattle is blooming at the entrances to Nabiac, the freesias are

flowering and the jasmine is starting to bloom!

It's a great time to get out in the garden and prepare those beds for planting for your spring and summertime crops. If you are looking for ideas Nabiac Library has some great gardening and permaculture books and magazines to inspire you. Come on in and browse our shelves or ask for assistance at the front desk. Here are a few ideas, including involving your kids!



JULY SCHOOL HOLIDAYS

The July school holidays had students returning to school this week with fine sunny days. Nabiac Library hosted a July children's holiday activity on the 16th July and it was quite chilly in our Library and outside. However, the seven children attending and some parents soon forgot the cold outside and thoroughly enjoyed making the cute little felt pencil toppers, guided by the talented Library staff member **Siobhan** and her able assistant **Lara**. The children then went on to making their own designs using felt, needle, threads and embellishments.

AUTHOR FOCUS FOR THE MONTH: TEA COOPER

This month we focus on Australian author **Tea Cooper**. Tea Cooper is an award-winning Australian author of historical fiction. In a past life she was a teacher, a journalist and a farmer. These days she haunts museums and indulges her passion for storytelling.

For many years writing remained the stuff of fantasy. Her family, a herd of alpacas, a protea farm and a full time teaching job kept her occupied until one day she decided it was time to do or die. No more procrastination. The characters and plots that had lived in her head for so long were clamouring to escape.

In August, 2011 Tea joined Romance Writers of Australia and her debut novel, *Tree Change*, was published in November, 2012. She has written several Australian rural stories both contemporary and historical but more recently she has become enmeshed in twisty historical mysteries.

Tea is a member of the Historical Novel Society of Australasia, The Australian Society of Authors, and Sisters in Crime. She is currently working on



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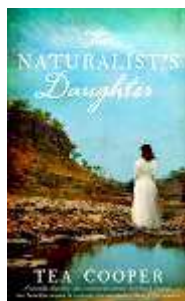
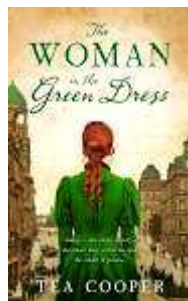
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her next historical mystery.

She is the internationally bestselling author of several novels, including *The Talented Mrs Greenway*, *The Butterfly Collector*, *The Naturalist's Daughter*; the USA Today - bestselling *The Woman in the Green Dress*, *The Girl in the Painting* and *The Cartographer's Secret*; winner of the prestigious Daphne du Maurier Award. Here is a sample of her books.



Tea Cooper's books are incredibly well researched, and often feature Australian women who have been important in the past history of Australia, but may not have been recognised for their contributions. One example is "The Talented Mrs Greenway" which focuses on the life of Francis Greenway and his wife in the early colonisation of NSW and design of buildings in Sydney. "The Naturalist's Daughter" focuses on the early discovery of the platypus at Agnes Banks and the story behind the daughter of Charles Winton, who tried to convince the Royal Society of England of this amazing Australian monotremes existence.

Many of Tea Cooper's books are based in areas around the Sydney basin and the Hunter Valley and provide great insights into life during early colonisation and settlement.

If you like exploring early Australian Historical fiction, Tea Cooper's books will satisfy and gratify you! The best thing is Midcoast Libraries stock these books, but they are in great demand so you may have to place a reservation to grab a copy.

We look forward to seeing you in our unique, historical Nabiic Library situated in the Nabiic Showground at 44 Nabiic Street Nabiic.

Our current hours of opening are:

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Tuesday: 3pm- 4.30pm

Saturday: 10am- 12noon.



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MINIMBAH MATTERS



Minimbah Rural Fire Brigade recently carried out an inspection of the securely gated Fire Trail that provides access, in a timely manner, from the end of Minimbah Road to Aerodrome Road and the eastern portion of our Brigade area. On more than one occasion, when time was of the essence and properties were at risk, it has been proved how important this Trail is from a fire fighting point of view, and that alone is a major reason why it needs to be checked on a regular basis, to ensure it is safe to use and free of obstructions, such as fallen trees.

Throughout NSW there are approximately 1.3 million properties on bush fire prone land. Firefighters rely on roads, trails and other tracks on public and private land to access the landscape to prevent, fight, manage and contain bush fires. It is critical to identify and maintain an effective network of accessible fire trails that suit the firefighting operations conducted across NSW.


We can't be everywhere, and therefore we rely heavily on our community to help us out by acting as our eyes and ears in a bid to keep these Fire Trails open. If you know about, or come across an issue in relation to a Fire Trail in our District, you can report it by calling the **Mid Coast Fire Control Centre on 1300 643 262**. You can also go onto the RFS website and let them know. Go to rfs.nsw.gov.au. Scroll down past the map of Australia to the Guardian Portal, then select the "Apply Notify Enquire" Icon. It is very user friendly and you might be surprised just how often you wish to use it.

We are **upping our** preparedness for the upcoming Bush Fire Danger Period,
and to put it mildly (but perhaps not very politely),
we would like you to
up yours.

AIDER PROGRAM. It's a free, one-off service to Assist Infirm, Disabled and Elderly Residents by supporting some of our most at-risk community members to live more safely and confidently in their homes in areas where bush fires may start.

The AIDER program is designed for people who have limited domestic support available from family, relatives, friends or other services. This could include older people, people living with a disability, and people who are already receiving community assistance and services. Their property must also be on bush fire prone land. AIDER services can include clearing gutters, thinning vegetation around the home, removing leaf and tree debris, trimming branches from close to the home, mowing or slashing long grass.

When we attended our July Brigade Meeting we were greeted by this fantastic little creature. What a wonderful surprise. The thought and detail that has gone into this little guy is absolutely amazing. Obviously, he sits in pride of place in our Station and an appropriate name will need to be chosen. Watch this space.

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He is part of **Leslee Ann Twemlow's** fabulous "Gnomes of Nabiac" project.



**Thank you so very much
Leslee Ann
We love him**

That was the happy news at the meeting.

The sad news really knocked the wind out of our sails. For almost seven years we have had the most efficient, co-operative, proactive, and wonderful Brigade Secretary, but like most good things, they come to an end.

Our "**Mad-Sec**" (**Madam Secretary**) and her husband are moving from the District. It is sad to see our friends go but they go with our heartfelt thanks for their contribution to the Brigade and our community, and with our best wishes for the next instalment of their lives together. This leaves a huge void in the Brigade.

Communication is vital in all organisations and walks of life, and none more so than a Rural Fire Brigade. Needless to say, we are in search of a new Secretary.

Here's some food for thought Have you considered joining the Rural Fire Service as a Support (Ordinary) Member? This offers you most of the same opportunities as those afforded the Active Operational Members, but you are not required to go and fight fires or do hazard reduction burns and that sort of "dirty work".

You are however, able to hold important and required positions such as that of Secretary, President, Treasurer, without being restricted to administration only. Training courses are yours for the taking.

We believe this is a fantastic opportunity and would welcome your expression of interest. Please do give it some thought. Of course, if you want to join the Brigade as an active Operational Member, there is always room for more. Email us on minimbahrfs@hotmail.com or call in to see us at the Station on the second Saturday of each month from 9am. Our next meeting is on 10th August.

As with almost everything these days, computer skills come in very handy and because it is a volunteer organisation, you will be paid the same as the rest of the Brigade – with thanks and gratitude. It's another version of a cashless society.

The Bush Fire Danger Period in the Mid Coast District commences on **1st September, 2024**. Fire Permits will be required from that date and the RFS has made a few changes to how Permits are obtained this season. More about that next month.

Remember, all year round, 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 know I say this every month, but where is the year going??? Life seems to be moving at such a fast pace.

That's probably why Inner Muse Art Academy is going from strength to strength, people know they need to relax and decompress.

We had another spectacular Masterclass with International Artist *Gwen Roberts*. The good news is that she will be back this month, but this time it will be a Demonstration Masterclass for practioners of the 'Sanding' technique.

As if that's not enough I am delighted to welcome *Leigh Hooker* back to the Inner Muse Art Academy. Leigh specialises in Mixed Media and her classes are always popular.

Leigh has 2 classes booked in for September, the first is on **Saturday September 1st** where she will be teaching how to use Mixed Media to create 'Abstract Realism'!!! The second class she will host is **Saturday September 28th**. Classes are \$115 inclusive of materials and refreshments. They start at 10am and run through until 2pm and with only 4 students per class you get almost 'one on one' tuition. As I said, Leigh's classes are extremely popular, so don't delay, book today. Call **0403 826 439** or email museartandcrafts@gmail.com to book.

Congratulations go out to our Acrylics graduates, *Jeanette Sanders*, *Karen Collum*, *Eleana Pigott* and *Robyn Scott*, all of whom successfully completed all 3 levels of *Christine Onwards* Acrylic painting course.

We have some new artists in the 'Muse Family'. *Lynda Bowdel* from Forster has some lovely water colour and acrylic pieces in the gallery at the moment. *Fiona Thompson* from Tuncurry has her unique tile art. She has developed a new technique and created some lovely work; she is also taking commissions for pet portraits, creating the lovely tiles, something a little different.

Angela Beaumont has brought a lovely Sunflower painting in water-colours.

Christmas really is just around the corner and at Muse we try to have special gifts for the special people in your life. The prices are affordable with gifts from only \$25. All our cards are from original

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works by local artists, so can be framed as a gift too. For purchases over \$350 we do a 3-month layby option. So rather than face the expense of shopping last minute, start now and take the stress out of Christmas.

We are delighted to support one of our artists, *Anne Grant*, who currently has her work on exhibition at the Manning Regional Gallery; it is worth going and checking out.

Muse is all about the local art community so here's a heads up for local artists. 'Art on Barrington' returns for a second time to Evermore Farm! This is an opportunity to paint and draw with some of Australia's well known artists for a week of art demonstrations and daily 'en plein air' tours. Here's a taste of what's available : Monday 16th - Sunday 22nd September | \$60 full week Art demonstrations, come and go as you please!

Friday night 20th September | FREE Exhibition from 5:30pm
Saturday 21st September | \$20

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***Some workshops incur an additional fee,
bookings are essential and made separately**

Log onto <https://www.trybooking.com/events/landing/1253323> for more information and to book.

Next Meditation and Sound Healing is August 29th at the Gallery at 5.30pm, call **0403 826 439** to book you place!

Kind regards and thanks for your continued support

Janice Dance

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COOLONGOLOOK PUBLIC SCHOOL NEWS



What's On at Coolongolook Public School!

It's great to be back at school for Semester 2, and we are thrilled to share our learning and excitement with the entire Coolongolook Public School community through our upcoming activities. From celebrating Education Week to diving into the magic of Book Week, there are so many fantastic events on the horizon. We can't wait to see everyone come together to enjoy these special moments at our 'Coolschool'!

Firstly, we are excited to kick off with our Education Week celebrations on Wednesday, August 7th. This year's theme, "*Proud to Belong*," emphasises the unique and inclusive spirit of our school community. The day will include our vibrant Education Week assembly, engaging classroom visits and a delightful community picnic. We hope you can join us in celebrating the wonderful achievements of our students. We are also thrilled to have our newest kindergarteners joining us for the day.

Following Education Week, from August 12th to 14th, our 3-6 students will be heading to camp at Lake Keepit for an adventure-packed experience with lots of thrilling activities. At the same time, the K-2 students will be visiting "Sunny's Place" to support their Science and Technology learning. This term's unit, "Living Things," promises to be an engaging and educational experience for our youngest learners.

Continuing the festivities, get ready to be enchanted as Coolongolook Public School celebrates the magic of reading with our much-anticipated Book Week! This year's theme, "*Reading is Magic*," highlights the incredible power of stories to transport minds and ignite imaginations. Our celebrations will culminate in a spectacular Book-fair on Monday, August 19th, and we can't wait to share the

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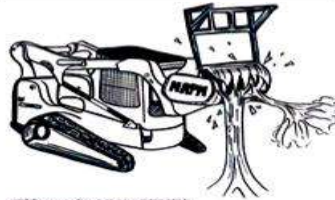
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excitement with everyone!

Book Week is always a highlight on our school calendar, bringing together students, teachers, parents and the wider community to celebrate the joy of reading. This year, we invite everyone to dress up as their favourite book characters and join in the fun. From wizards and fairies to superheroes and detectives, our school will be a parade of literary magic. We are especially thrilled to welcome our newest Kindergarteners for 2025 to this year's celebrations. It's a fantastic opportunity for them to experience the vibrant and welcoming atmosphere at Coolongolook Public School.

Community is at the heart of everything we do at Coolongolook Public School, and we look forward to seeing you at our upcoming events. For more details about other exciting activities happening during Term 3, be sure to visit our school's website or Facebook page. We look forward to seeing you soon!

'Coolongolook Public School Staff'



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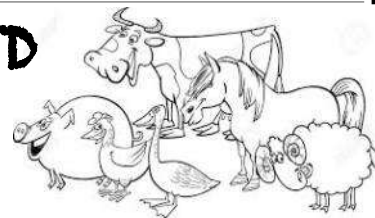
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WALLAMBA CWA REPORT

Wallamba CWA Branch meeting held 9th July was opened by President **Margaret Weller** who welcomed 5 members, and received 4 further apologies.

It was great to have member **Lyn Matthews** with us who, with husband **Phil**, has been travelling around Australia for some time.

Following the opening formalities members paused to remember departed family members and friends including **Michal Tuohy, John Anker, Brett Carmichael, Ted Lever**, Port Macquarie CWA Member and Past State President **Margaret Roberts OAM, Helne Woods** of Krumbach, **Fay Fallowfield** and **Gwen Greaves**, aunt of member Pam Muxlow.

Lyn Matthews gave us our monthly thought which was **"You don't stop laughing because you grow old, You grow old because you stop laughing."** We CWA ladies will live long because we love to laugh.

We had a number of items of correspondence both in and out. Included were details on handicraft details for next year. An update from Group Secretary on the ACWW SPA Conference being held at Griffith in September about the cultural event and Guest speakers, however, Wallamba doesn't have anyone attending.

Several emails with details on the MNC CWA Group Council meeting which was held at Lake Cathie on 25th July.

This year's Group International Day will be held at Macksville and further details expected by our August meeting.

Treasurer **Jenny Ang** presented her Financial report and members are looking at some fund raising to help subsidise members who are looking at attending 2025 State Conference at Wagga.

Our International segment was presented by Officer **Pam** and as we were meeting close to France's International Day, Bastille Day on 14th July, this was her topic for the meeting and she gave a history of how it all came about. The Bastille was built between 1370 and 1383 and was used to house political prisoners for many years. By the 18th Century it had increased in size but not the cells housing the prisoners. The confrontation between the commoners and the

Regime led to the storming of the Bastille on 14th July, 1789 which continued for a number of days finally leading to the release of the prisoners and "Storming of the Bastille" became recognised as liberty. And this date continues today as France's Independence Day.

Cookery Officer **Jean** gave us all a copy of her quick & easy 5 cup slice and I am sure we will all give it a go. It was disappointing for members to find inaccuracies in some of the recipes in our new cookery schedule. Members spoke about how they use their air fryer and some of the different things they cook in them.

Unfortunately Handicraft Officer **Fay** was not with us today but her assistant **Merle** had sent in a number of knitted/crocheted patterns for making pincushions which is our Branch handicraft entry for the State competition. Members took these and hope to have four pincushions to fit into a shoebox ready in time for the judging a little later in the year.

Ag & Environment Officer **Beth** was also absent so we didn't have a report this month, but members spoke about the avian flu affecting hens and the poultry and egg industry within NSW.

President Margaret gave us an item of culture telling us about going to the MEC Taree to see a performance of "The Grandparents Club" and they thoroughly enjoyed the show.

Pam handed over the **Citation Certificate** & covering letter which had been sent to her by Great Lakes MP **Tanya Thompson** congratulating the Branch on its 60th Birthday and recognising the branch as an important volunteer organization.

To round off the meeting member Merle had sent through a poem "Ode to Joy and Friends" which was read by President Margaret to round off our meeting which closed at 12noon and members then enjoy lunch and a chat.

Our next meeting will be held on August 13th at the normal starting time of 10.00am at our usual venue of the Community Church Hall, opposite the Showground. New members are most welcome.

Pam Muxlow-

Wallamba CWA Publicity Officer

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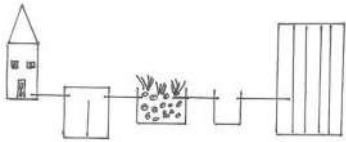
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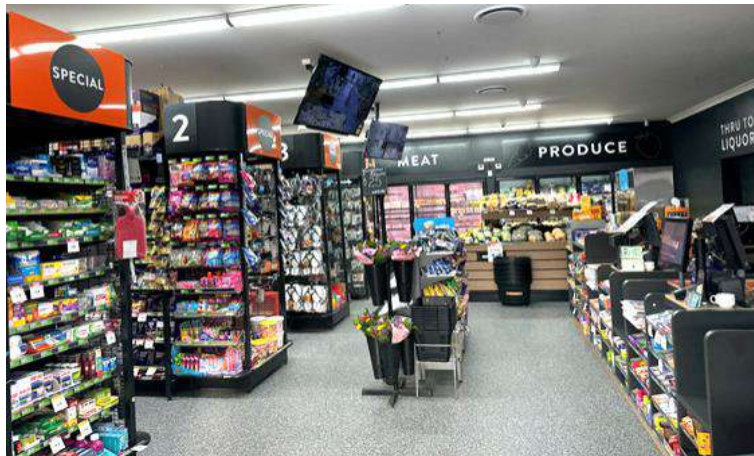
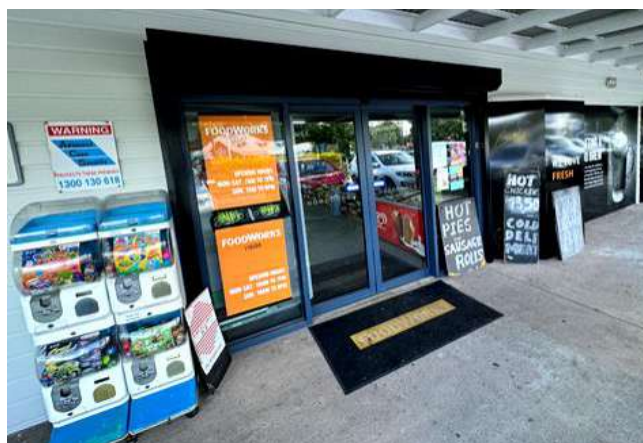
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News from Nabiac Second Chance Op Shop

A big thank you to all who have made Donations to the Op Shop and Shed. They are very much appreciated. All profits go back into the community.

A friendly reminder we are unable to accept toys, electrical, car seats for babies/children and mechanical items.

Please refrain from smoking in the carpark. Signs indicating No Smoking are attached to the fence for all to see.

Please respect others, especially all the little ones running around in their play area.

Thank you in advance for co-operation.

Change of opening hours for Saturday.

A friendly reminder our Saturday opening hours are 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 lot of clothing on the racks for both winter and summer.

You can buy 10 pieces of clothing for \$10.00.

All priced items are not included. Such as Denim Jeans and winter jackets.

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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 Sale on DVD's is still available in the shed. 20 DVD's for \$5.00.

There are a lot of DVD's for the kids.

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 some books available.

The Op Shop and Shed only have 13 copies left to sell, so if you don't want to miss out, come on in a get your copy before they are all sold..

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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NABIAC PUBLIC SCHOOL



Welcome back to term 3, Hopefully everyone had a relaxing holiday. We are ready for another busy, fun filled term!

We ended term 2 with NAIDOC Day celebrations. Students participated in a variety of activities, followed by an amazing ceremony where some of our students danced. A big thank you to **Kyla Simons** and **Noah Bolt** who worked with our Koori students to create the amazing performance! Following our assembly, our students and community were treated with a BBQ organised by the P&C. A big thank you to **Bunnings Forster** who supplied us with seeds, soil and activity books. Thank you to **Deb** for taking the time to share her knowledge with our students.

We have students competing in Zone Athletics Carnival in week 3, we wish them the best and hope they have fun!

In celebration of 2024's Public Education Week theme 'Proud to Be-long', Nahiab Public School will be hosting an assembly and an exhibition to showcase the diverse learning opportunities that take place at our school. The assembly will be held on Thursday 8th of August at 2:15pm, followed by the exhibition and open classrooms anytime between 3pm-4:30pm. Families and community members are invited to attend, we hope to see you there!

The Great Lakes Learning Community Schools (Bungwahl PS, Pacific Palms PS, Tuncurry PS, Hallidays Point PS, The Great Lakes Colleges and Nahiab PS) have been busy preparing for the *Shine On Performing Arts* production. Our school choir will join the mass choir to perform, and the talented **NabiBeats** will also be performing. What an awesome opportunity for our students!

Kindergarten 2025 visits start in Week 2 this term and continue until

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Week 5, Term 4. During this time, we welcome children from Nahiab Early Learning, Nahiab Preschool and all other children who will be attending Kindergarten in 2025 at the '**best little school... anywhere**'. For more information or to enrol your child please contact the front office.

To stay up to date with the 'best little school... anywhere' you can follow us on Facebook - <https://www.facebook.com/NahiabPublicSchool/>
School Administration Officer

Show News

We have the AGM happening on March 13th @7:30pm in the Showground Hall and if you would like to come and see what is happening and join you're most welcome.

For members I have included copies in this issue of the *Nomination Forms* you need to fill in with your choice of people to represent the Committee and also *Membership Applications* Forms for those wanting to join. You **must be a paid up member to vote!**

These forms are also on the nabiab.com website for you to download.

PLEASE NOTE: All nominations MUST BE IN THE HANDS OF THE SECRETARY NO LATER THAN 7:00pm on the night as no nominations will be accepted from the floor

If you are interested in becoming the Secretary or Treasurer, please let me know so that I can pass your details on to nominators.

Lyn Reid

Acting Secretary 6559 1811 (no mobile reception!)

Email: secretary_wdah@outlook.com



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GASTRIC ULCERS IN HORSES ARE EXTREMELY COMMON



Do you suspect your horse has ulcers? It is estimated that up to 85-90% of racehorses, 93% of endurance horses, 40-75% of pleasure/performance horses & 50% of horses used for Western sports suffer from gastric ulcers. Up to 50% of horses with stomach ulcers may not show any obvious signs but will likely have negative impacts on their normal digestion.

Wingham and Valley Vets has collaborated with Randlab to hold a gastric scoping day at their Equine Hospital 33 Isabella Street Wingham on **Tuesday the 13th of August.** This is a great opportunity to have your horse scoped locally.

Is your horse showing any of the following signs?

- * Poor appetite or weight loss
- * Dry, dull, or harsh coat
- * Poor body condition
- * Behavioural vices: crib-biting, windsucking, irritability, 'girthiness'
- * Mild colic signs
- * Poor performance or reluctance to train

These could all be signs that your horse has gastric ulcers, which can cause pain and reduce your horse's ability to properly digest. A horse's stomach produces acid 24/7, up to 42 litres a day. When the stomach is not full, acid can splash onto the vulnerable upper portion called the squamous (non-glandular) mucosa. The best way to diagnose these gastric ulcers is by gastroscopy.

Gastric scoping is performed with a specialized gastroscope & all horses will require a sedation. The 3-metre fibre-optic scope (camera) is passed into multiple areas of the horse's stomach to visualize any ulcers. These stomach ulcers will be graded, and further medication will be determined, dependent of your scoping results. The procedure is not painful, but due to the patient needing to be completely still and the scope being placed through the nasal cavity, which can be a little uncomfortable, all horses will require a sedation

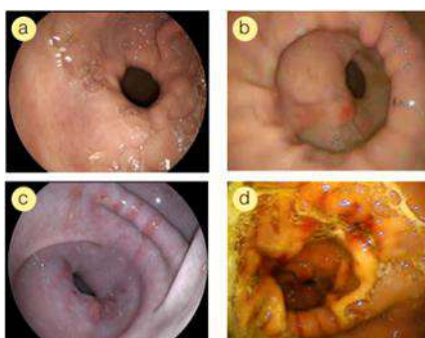


Figure 1: Pyloric region of stomach (a) normal (b) mild, (c) moderate, (d) severe lesions. Lesions in the pyloric region are typically inflammatory in nature and only severe cases show classical ulceration



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The Gastroscope cost is a total of \$120, which includes sedation. Please note: Your horse will need to have food withheld overnight (12-14 hours prior to appointment) and water withheld 8 hours prior to the appointment.

Dental Assessment and Powerfloat:

Did you know all horses should have a dental performed by a qualified Veterinary equine dentist every 6-12 months. A dental assessment and Power float (Additional \$140 *conditions apply) can be performed on the same day as the gastric scope if discussed prior at the time of booking.



What is involved in our routine dental assessment:

- * A seven-point external examination of the head, to assess for changes associated with dental disease.
- * A thorough assessment of all teeth and soft tissues including mirror exam.
- * A full dental chart will be completed on the day, that can be emailed to you for your reference.
- * Floating of the teeth: reduction of sharp enamel points and overgrowths, correcting occlusal abnormalities where necessary and bit seating where necessary to improve comfort whilst ridden.
- * We also examine the mouth closely for minor changes that can lead to significant problems if not accurately diagnosed and treated early (gaps between teeth leading to food packing and periodontal disease, pulp abnormalities, occlusal abnormalities etc) Small changes can often prevent major problems in the future.
- * Due to time restrictions, any major dental issues requiring further workup or treatment may not be able to be performed on the day, however we will be happy to formulate a plan moving forward.

Please register your interest by emailing us at admin@winghamvets.com.au by the 10th of August and include your contact details, horse's details (name, age, breed) and please advise whether your horse is on any current medication for gastric ulcers. Further details (appointment times, parking etc) will be provided closer to the date. A \$50 deposit is required when booking. Spaces are strictly limited so ensure you reserve your spot ASAP!



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of.....
(residential address)

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I hereby apply to become a member of the above named incorporated association. In the event of my admission as a member, I agree to be bound by the Constitution of the association for the time being in force

Signature_____Date_____

Membership of Association entitles you to

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BSB: 012626

Account Number: 236407894

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Membership subscription receipt number:Date:.....

Nomination Form for Committee Member



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The next market is 31st August



The July market was a rainy day. It was a much quieter market as a result. We posted on social media and shared wide and far! It was great to see people gradually arriving with their brollies. Shoppers realised that a bit of drizzle didn't stop them from shopping!

The following article highlights some of the challenges of being a grower, and inspires a shout out to all the Aussie growers out there! We welcomed 3 new stallholders. Here's a little snippet about one of these...



Chocovo.
First time stall holder *Sam*, yesterday made his debut at Nabiac Farmers' Market with his range of delicious gluten free, plant-based desserts. With ingredients such as avocado, chocolate, coffee, manuka honey and coconut cream, he has created delightful, natural desserts for all to enjoy.

A dedicated bee keeper, Sam experienced the devastating loss of his bees to varroa mite.

Sam The Handy Man Can.....

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Wondering what to do next, the decision to create *chocavo* desserts was inspired by Sam's love of food and the beautiful natural surroundings where he lives, near Ellenborough Falls. Clearly a motivated individual, I'll bet that Sam's *chocavo* tubs of dessert will be continue to grow in popularity.



Susie's Bangalow Palm Weaving workshop was thoroughly enjoyable too.

Nabiac Farmers market is proud of our high-quality stalls: Check out this range of local producers and artisans:

*fresh produce, *seedlings *microgreens *mushrooms *flowers
*wine *cheese *plants *woodwork *macadamia oil *boutique gin
*chutney *honey
*gingerbread *garlic *cakes *gluten-free desserts
*art *hand-spun wool products *unique artisan wares
*pasture-raised meat *eggs *specialty tea
*plants *crafts *textiles *baby clothes *soft toys
*wooden toy farms *mosaic garden art *compost *dog collars & leads
*ginger beer *jewellery *natural beeswax products *sourdough bread
*market BBQ *pizzas *curries *Thai food *live music *coffee

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 31st August

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









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Our Grey Ghosts - (they have been out again - keep the articles, they are a fabulous tourist guide to follow!)

A bit of R&R for a few days at North Haven because it's stressful as your birth date fades away. Very restful with breakfast on the last day at the small cafe overlooking the ocean. Heavy seas with the occasional board riders braving the swell. Recommended for a meal.

On our way north and meet up with old friend (and employee) **Bob Carle** who had been a huge supporter of car rallies in our younger days and still involved around the Coffs area. Bypass should be done by about mid 2026 he reckons.

Ballina for a few days catching up with **Sil** 'n husband **Bruce**. She just returned from Bali with Dengue Fever, flattened her a bit but on the mend. Dengue is raging in Bali and in Perth where a huge number of tourists evidently hail from.

Down the Highway to Grafton, get lost here looking for the Gwydir Highway. Found at last and hurtle towards Armidale via Glen Innes and Bendemeer.

Off the great Dividing Range and down the Moombi descent. Bit steep here and not ashamed to be as slow as the semis with our van on the rear.

Tamworth, and friends who are doing it a bit tough health wise. A few loads of rubbish to the tip which is very well run. Council supplied free vouchers (for rural residents) that allow two tyres per trip which accounted for six tyres. (otherwise \$180) Spied two large skips full of flat screen TV's. Amazing what we throw away. The women doing the paperwork and the blokes directing recycling to the correct areas were all smiles and nothing was a problem. (those at Taree and Tuncurry do the same)

Have said it before, and it's not a reflection on those of us who live on the coast, but the gracious attitude of those west of the Range has to be experienced. A gentle nod to anyone in the street is expected and returned. Different world in many ways.

Homeward bound and stop at Walcha for morning tea then bounce along the Great Divide for another 100 kms or so. Large stands of very large pine trees native to the area and of course eucalypts, line the all sealed road for many kms.

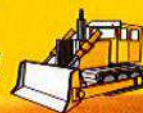
Still on top of the Range at Nowendoc. Fuel is no longer available

here but some food. Chased fires around here on two occasions in 2020 with Minimbah Brigade.

Down the Range via Thunderbolts Way. Steep again for two 5km sections and, with the auto in low range and the van brakes screwed up, glad to get safely to the bottom. Cross the Little Manning and the Manning Rivers on the way to lunch at Barrington. Home after 5 hours for the day and 1,400kms for the trip. Great to see Nabitac through a dirty windscreen.

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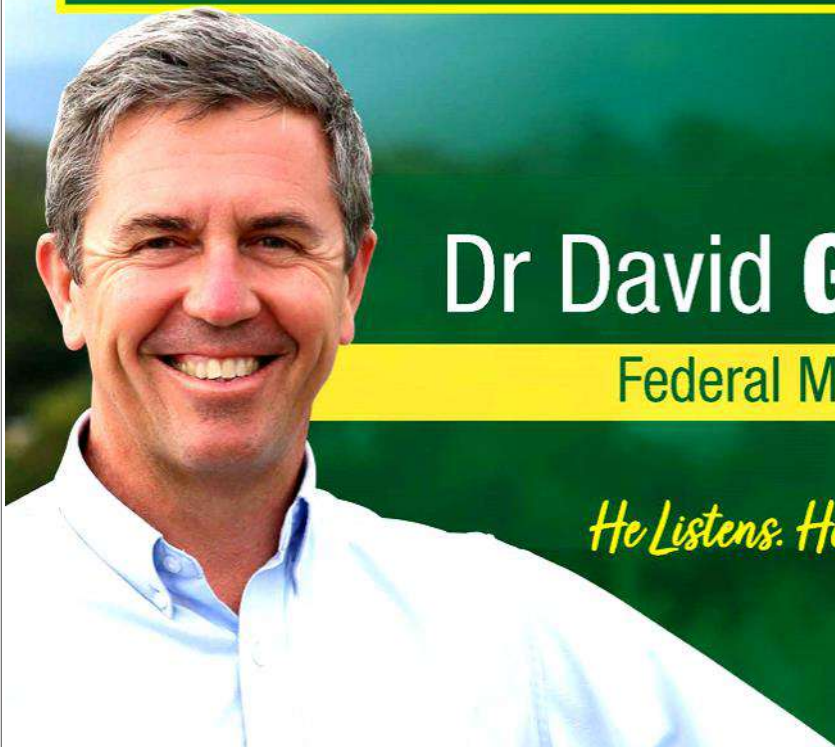
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I love winter veggies!



Leeks, broccoli, bok choy, coriander, snow peas, radish...

I have all of these growing, except for the leeks, mine are still tiny! Yesterday I bought plenty of leeks from *Paperbach Farm*.

Our chooks are laying well, so last night we had frittata, with leek, broccoli and goat's cheese. I forgot to take a photo!

At lunch today we enjoyed leek and potato soup. Always with a pinch of nutmeg – so yum!

Tonight, we're having a stir-fry with home grown veggies, plus cashews and tofu. (It's easy to swap the

tofu for chicken if you prefer).

Stir-fries are the perfect opportunity to add turmeric, black pepper, garlic, honey, ginger and a generous squeeze of lemon to the meal, all of which are handy for our immune systems.

Sesame seeds are a good way to add texture and nutrients to stir-fries too (and salads), since they are packed with fibre, protein and healthy fats.

I have exciting news! My *Health Eating Guide* is nearly finished and will be available soon as an e-book. I'll keep you posted!

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Laura



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REAL KULTCHA

OK you mob, move in close because I don't want to have to repeat this. 2024 is a quadrennial and for the bunch of yobbos in the back, that means it's the end of or beginning of a four-year cycle and that of course, means it's an Olympic Year! Yep, by the time you read this waffle, this year's Paris event will have begun. And here's something else you should know, I have only 900 words available to keep you up to speed on the sporting world so I have to be selective and brief on what I talk about.

I mentioned in my last epistle that a raft of Chinese swimmers had been *doping* and I suggested the drug testers would be busy in Paris. Well, guess what, the International Testing Agency have apparently been busy and focussed on those swimmers for months. Qin Haiyang (who was one of those who tested positive to *trimetazidine*) was tested 46 times last year and many of his team mates have also been subjected to multiple tests. I guess Paris is trying for a *clean Olympics*.

And speaking of clean, we should mention the river Seine that runs through the middle of Paris. It's been an open sewer since forever and while there has been big money (like \$2.3 billion) spent trying to clean it, there's still some doubt they'll go ahead. Would I swim in the river? Do I look that stupid?

One more point on the Paris Olympics and then I'll move on. Our team has set up a café on the ground floor of our village building and stocked it with 20,000 shots of coffee, 10,000 muesli bars, the makings of 9,700 slushies, 3,200 kgs of tuna, 1,400 kgs of breakfast cereal, 340 kgs of rice, 30 kgs of salsa for taco Tuesdays and 2,400 *Four 'N Twenty* pies! All this of course, is in addition to the normal Olympic village restaurants in which about 200 chefs will serve more than 40,000 meals to more than 15,000 athletes from 208 nations and territories. It's a big event.

Back here in Oz, the manure has hit the fan again with regard to *the puppies, the dish lickers, the greyhounds*. A report has stated that between 48,000 and 68,000 dogs have been killed in the past 12 years and their sins were: being born and not running fast enough! It's an industry in which breeders know not every dog is going to be a champion so to increase the odds of breeding one that is, they breed lots. And what happens to all the dogs that don't run fast enough? Well, according to figures produced by Greyhound Racing NSW, many were *given away* to be pets, 'cept the figures didn't add up and former Chief Vet Alex Brittan said so in his final report. The head of GRNSW has resigned but you can bet that's not the end of the



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issue. NSW Premier Mike Baird tried to close the industry down in 2016 but went to water when vested interests kicked up a stink. I wonder if Minns' has the bottle to do anything this time around?

Have you heard the name Travis Bazzana? No? Well, he's a young 22-year-old bloke from Sydney's upper north shore and he plays baseball. In fact he plays baseball very well and in July was selected as the #1 draft pick by the *Cleveland Guardians* in the US MLB. His sign-on deal? A lazy \$13.3 million. The child-bride and I enjoy watching baseball (I'm actually a rep player in the sport) and currently have about a dozen games recorded from the current MLB season. A cup of coffee, a biscuit and a game of baseball on the TV makes for an ideal afternoon break.

The Rugby League teams for next year's Allegiant Stadium, Las Vegas gala have been named. There'll be 4 games (not 2, as there were this year) and the *Panthers* will play the *Sharks*, the *Raiders* will play the *Warriors*, the two English teams *Wigan* and *Warrington* play each other and there'll also be a women's Test between Australia (the *Jillaroos*) and England (the *Lionesses*). Looks like it's going to be a big opening to the ARL season on 2/3/2025. Not sure when tickets will become available but if you intend to go you'd better start saving and get your passport up to date.

And so to the biggest sporting contest of all this year – the US Presidential election! He who used to wear an orange possum on his head, has let the grey come through and the scuttlebutt has it he organized a hit on himself!!!! The would-be assassin managed only to clip an ear (though he did kill an attendee in a stand) and then died in a hail of return fire from Secret Service sharpshooters. Joe Biden had a train wreck of a debate and after holding out for some time, has scratched himself from the run in November. So now the tickets look like *The Donald* and J D Vance against Kamala Harris and we don't know who. There's a long way to go yet and I've no doubt there will be a lot of childish vitriol to come. I don't think I'll wager any of my hard earned on the result. The Republicans are looking good and organised but if the Democrats get their act together, who knows.

Talk at you next month,

The Hillside Critic

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NEWS FROM BUNYAH

This month in **Bunyah** saw the changing of the **Coolongolook Public School Intake Area** for all new enrolments, thanks to the wonderful efforts of **Mr Jason Tindall**, Principal of

Coolongolook Public School.

As of Monday 22nd July, the new **Local Enrolment Area** for **Bunyah** is **Coolongolook Public School**.

Previously **Bunyah's Enrolment Area** was **Bulahdelah Central School**, some 44kms away.

This change will undoubtedly enhance strong family values, and initiate a high level of local community and support by bringing families living in the **New Catchment Area** a much more practical and stress-free option for sending their children to a local school close to home.

Coolongolook Public School's small size has created an enormous amount of school Spirit and genuine relationships between staff, students and their families and now our local community can support all aspects of this school life.

Students enrolled prior to Monday 22nd July **are not** impacted. For more information on how to enrol in a **NSW Public School**, stay informed at education.nsw.gov.au

Mr Tindall, and **Elle Calvoli**, secretary of **Coolongolook Public School P&C** are currently in close liaison with **Transport NSW** and **Busways** with a proposal to extend the current **Transport Pick up and Drop off Point** from **Sawyers Creek Road** to **Bunyah Road**, to include all families in the new catchment and both have high hopes of success.

This month we also bid a sad farewell to our **Bunyah Public Hall Committee President, Mr Bob Thatcher**, as he focuses on a new and exciting chapter with his family and business.

Bob was our **Bunyah Public Hall Committee's** backbone for the last 18 months and with his unique perspective and brainstorming of ideas he added so much to our team and it was an absolute pleasure working with him. Not only will he be sadly missed, he has changed



Coolongolook Public School

all of us and the way we work together for the better.

Under Bob's leadership the **Bunyah Public Hall Committee** bought back the **Bunyah Ball**, a community dance night that was held regularly in the **Bunyah Public Hall** from the 1950's.

With a modern twist, our first **Bunyah Ball** held on 14th October, 2023 was an overwhelmingly success with music supplied by **Glen Mead**.

As one chapter closes another begins and it is with great pleasure, we welcome our newly appointed **Bunyah Public Hall President, Miss Jessica McGarry**, who's arrival brings a fresh energy and inspiration to the team and we look forward to working under Jessica's leadership and are extremely excited to continue to deliver a high level of community spirit. Preparations are already underway for our upcoming Event so be sure to watch this space.

If you have any time to spare, would love to make some new friends and share in the pride of making a difference in our community, the **Bunyah Public Hall Committee** would like to extend the warmest of welcomes to come and join our committee and meet Jessica and our friendly team at our quarterly meeting scheduled for **Friday 23rd August at 5:30pm**.

★All New Members Welcome★

Bunyah Public Hall committee

Thank you

In the July 2024 issue of 'Across the Fence' I was overwhelmed by the more than generous accolades which the **Bunyah Hall Committee & Bunyah Tennis Friends** bestowed on me in celebration of my 80th Birthday.

Thank you so very much for your best wishes along with the many other locals who posted Greetings on Bunyah Hall Facebook; it was most unexpected, but a huge pleasure to receive all of this, plus the lovely Lunches, cards, gifts & the decadent multi-tiered Chocolate Gateau made by Bunyah Tennis Friend **Robin Thatcher** topped off this wonderful milestone!

Many Thanks to you all for making this occasion personally **SPECIAL & ONE TO TREASURE!!**

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TAREE BLOOD DONOR CENTRE

.BLOODY GOOD TOUR HAS TAREE AND SAVING LIVES ON THE ITINERARY

A Central Coast father who is undertaking the incredible endeavour of visiting every donor centre across the country will today be in Taree encouraging locals to get on board "The Bloody Good Tour."

Supporting him at Taree Blood Donor Centre are Deputy Mayor of Taree *Alan Tickle* who is donating blood for the cause, and MP for Myall Lakes *Tanya Thompson*.

Simmo Braun is aiming to save thousands of Aussie lives during a tour of all Australian blood centres and is calling on locals who have never donated blood or plasma before to sign up for *The Bloody Good Tour Lifeblood team Bloody Good Humans*.



He also wants to spread the word about how saving lives can bring wellbeing, happiness, and connection, with Lifeblood research* showing that 4 in 5 donors think donation is good for their mental health and 1 in 4 associate feeling energised with donating blood.

"Over a period of 12 months my kids and I will be caravanning across the country to visit every town with a blood donor centre and I and my crew will donate plasma fortnightly,"

"While I haven't experienced the need for blood myself, last year I faced some deep personal challenges and I found regular blood donation positively impacted my mental health,"

"I've experienced tough times, just like everyone else, and as a blood donor the lifesaving part of my identity lifts my spirits,"

"Thousands of Australians are alive because of blood donors, and those people have families, friends, teammates, colleagues, clients, whose lives are also better as a result, that is a pretty special feeling!"

"I want people to know that if they are experiencing similar life challenges, that doing good feels good, and blood donation is a great way to feel connected and happy and be a bloody good human."

Lifeblood spokesperson **Ruth Harrison** said that a survey of donors and non-donors to find out what they think about blood donation and it's impacts on mental and general health supported Simmo's experience.

"Our findings show that people who donate blood strongly believe that blood donation is positive for their mental health, with most reporting they felt nothing but good after their donation, particularly "With blood demand at a 10 year-high and plasma demand the highest it's ever been, we're calling on locals in Taree to show their support by donating blood and registering for the Bloody Good Tour donation team,"

"Our donor centres are happy places filled with ordinary people doing extraordinary things, and we think many people out there could benefit from being a part of this community."

To register to donate, visit lifeblood.com.au or call **13 14 95** and join the team Bloody Great Tour.



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GOOD NEWS!

We have a new volunteer, SID, who will be available on Fridays. He is an experienced teacher in Microsoft Word, Excel & Powerpoint. He can advise you on keeping your computer healthy (virus protection) as well as helping with Internet & email.

We have a colour scanner. Bring in your old photos & scan them to an external hard drive or DVD.

We are all available to help with computer & mobile phone software problems - Word, Excel, PowerPoint, Publisher, editing photos, emailing or 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 new fast desktop computers - \$5 for the morning

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

Alan, Terry, Stewart, Sid, Jillian and Sheila.



Lyn's Larder

FENNEL & MUSHROOM GRATIN

INGREDIENTS

- | | |
|---------|------------------------------|
| 1 | Small Potato |
| 1 | Large Fennel bulb |
| 10g | Butter |
| 2 tsp | Olive oil |
| 1 | Small Clove Garlic, crushed |
| 50g | Button mushrooms, sliced |
| 1 tbsp | White wine or dry vermouth |
| 1/4 cup | (60ml) Cream |
| 1 tsp | Chopped fresh thyme |
| 30g | Semi dried tomatoes, chopped |
| 2 tbsp | Grated Parmesan |

METHOD

Bring a small saucepan of salted water to the boil, add the potato and boil for 5 minutes or until tender. Cool and cut into 5mm slices

Meanwhile lightly grease a 2 cup (500ml) shallow ovenproof dish. Cut the top and base off the fennel and remove any tough outer layers. Thinly slice the fennel

Heat the butter and oil in a frying pan, add the fennel and cook over a low heat for 6 minutes or until soft. Add the garlic and mushrooms and cook for a further 6 minutes. Add the wine, cream, thyme and tomato, reduce the heat and simmer for 2 minutes, stirring occasionally. Stir in 1 tbsp of the parmesan.

Place the fennel mixture in the prepared dish, layering it with the potato.

Sprinkle with the remaining cheese and place under a hot grill for 1-2 minutes, until the cheese melts.

Serve with a tossed green salad



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Welcome to Deb's Gardening,

Looking back over this past month it saddens me to say that I have only achieved four jobs in the garden; one being that I attended to the Asparagus, I cut back the naturally dying asparagus ferns. Gave it a feed of organic life and heavily mulch it. Asparagus is one of my favourite vegetables and plants to grow. It was one of the first plants that I planted in the vegetable garden, so it is over 7 years old. I grew it from a crown and have dug up and transplanted a few crowns over the years to extend my crop. Asparagus is a perennial plant that requires minimal attention, provides plenty of spears from spring onwards, there are no pests or diseases to worry about and has many health benefits.

Job no 2: I Gave my broccoli and onion seedlings a dose of liquid fertiliser from my home brew, which is a brew of weeds that have been soaked in water for months. I am already picking broccoli from the first lot of seedling that I planted back at the start of autumn but since I don't want a freezer full of broccoli yet, I tend to stagger my planting. The last lot of seedlings went in last month. I planted a double lot and I should be picking at the end of winter into spring so then I fill up the freezer so I have plenty of broccoli for the rest of the year. The companion planting of onions is doing a great job as no pests are attacking the broccoli and the liquid fertilisers have made them jump.

Job no 3: I noticed mistletoe growing in a mandarin tree and my pear tree a while back and finally cut the branches off and got rid of the mistletoe. The only way I found that I had mistletoe in the pear tree is because there was still leaves on the pear tree and since pear trees are deciduous at this time of year, I was wondering why I still had leaves on it and after a closer look saw the deformity on the branch. Mistletoe is a semi-parasitic plant that grows on a host tree or shrub. The Mistletoe gets its water and nutrients from the host plant but produces its own energy through photosynthesis. Mistletoes mostly rely on birds (some use insects) for pollination and seed dispersal. In general, Mistletoe does not kill its host tree as it needs the host alive for its own survival. The host tree can sometimes defend itself by dropping the infested branch but I wasn't going to leave them to see if that happens. I have never seen mistletoe close up, so I found it interesting the way it was growing on the limbs of the trees.

Job no 4: weeded my badly needed beetroot bed. Again I have stagger planted my beetroot but the newly emerging beetroot was getting smothered by weeds. It's a tedious job because it was so easy



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to accidentally pull out the beetroot along with the weeds. The beetroot that did get pulled out I planted back into the soil but I find that beetroot grows better when it is germinated from seed not when planted from a seedling but since I love my beetroot, I didn't want to lose any. I use beetroot in smoothies, make lots of beetroot relish, grate it fresh in salads and of course roasted beetroot. Such a versatile vegetable.

As I am still painting and dealing with a major renovation, and of course getting a game of golf in when the weather is permitting me to, hence time is of an essence and a dose of the flu and being laid up in bed for a week hasn't helped with time in the garden. So when I am out and in the garden and getting another dose of vitamin D I can't help but look at all the weeds that are staring me in the face and going to seed. I just haven't had a chance to mulch to keep the weeds at bay. I know I seem to harp on about weeds in my column but weeds are a common problem in many gardens and it's good to research what weeds are what as many can be beneficial to a garden even to the point of being edible. So I need to do a reverse psychology on myself to overcome the stress of looking at all these weeds and to see the more beneficial side of weeds.

The main weeds that I have growing all around my garden are blue pimperl, chickweed, radium weed and annoying flick weed. - **Flick weed** you have to close your eyes when you pull it out, it is well named because you can hear the sound of a "flick" when you disturb the seeds and I have even had the seed flick into my eyes, hence why I close my eyes but flick weed is an edible weed, the flowers and leaves have a peppery taste and can be added to salads, soups or pies. - **Chickweed** was a popular chicken food providing a nutritious snack for domesticated birds such as budgies and wrens. Chickweed in the garden is also beneficial in maintaining healthy soil because its effective ground coverage protects the soil from drying out or being washed away. Chickweed flowers and leaves can be eaten raw or cooked. Fresh flowers and leaves are tossed into salads, stir fries, stews, or pesto. - **Radium weed** is also known as petty spurge or milkweed. The corrosive properties of the sap of radium weed have been known to herbalists as a well known cure for warts, corns, calluses and sun cancers, which I have used on my skin on numerous occasions to remove a few carcinomas over the years and it worked, so a weed that I don't mind having in the garden, though it isn't edible. - **Pimperl weed** is just a pain in the rear and the only benefits that I can find is, you can use it as a ground cover to suppress other weeds and protect the soil from drying out, but when it is grown among vegetables it can take away the nutrients from the

Jason Packer
Director / Bricklayer



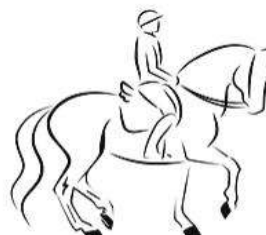
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vegetables that are growing around it, so it needs to be removed from the vegetable patch. The positive side is that it's a weed that I put in my brew and use it for fertilising the soil.

So on that note, I should do more research on what edible or medicinal weeds are in my garden, and instead of using those to make liquid teas or adding them to the compost or turning the weeds back into the soil to feed the soil, I should think more about picking edible weeds and using them more often in my cooking, which I don't do a lot of because I didn't plant them myself or think about them as a source of food. But for now it is back to painting.

So until next time –The only difference between a flower and a weed is judgement.

until next time.

Deb



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An Italian, a Scotsman and a Chinese man, are hired at a Construction site.

The foreman points out a huge pile of sand.

He says to the Italian guy, 'You're in charge of sweeping.'

To the Scotsman he says, 'You're in charge of shovelling.'

And to the Chinese guy, 'You're in charge of supplies.'

He then says, 'Now, I have to leave for a little while. I expect you men to make a dent in that pile of sand.'

So when the foreman returns after being away for a couple of hours the pile of sand is untouched.

He asks the Italian, 'Why didn't you sweep any of it?'

The Italian replies, 'I no hava no broom. You saida to the Chinesea fella that he a wasa ina charge of supplies, but he hasa disappeared and I no coulda finda him nowhere.'

Then the foreman turns to the Scotsman and says 'And you, I thought I told you to shovel this pile.'

The Scotsman replies, 'Aye, that ye did laddie, boot ah could nae get meself a shoovel. Ye left th' Chinese gadgie in chairge of supplies, boot ah couldna fin' him neither.'

The foreman is really angry now.. He storms off toward the pile of sand to look for the Chinese gent.

Just then, the Chinese man leaps out from behind the pile of sand and yells, '**SUPPLIES!!!!**'

WALKING THE DOG True Story

A woman was flying from Seattle to San Francisco.

Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes.

Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye Dog lay quietly underneath the seats in front of her throughout the entire flight.

He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, 'Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?'

The blind lady replied, 'No thanks, but maybe **Buddy** would like to stretch his legs.



Picture this:

All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog! The pilot was even wearing sunglasses.

People scattered. **They not only tried to change planes, but they were trying to change airlines!**

True story.. Have a great day and remember.....**THINGS AREN'T ALWAYS AS THEY APPEAR.**

More interesting facts

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee.

If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb.

The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet

A pig's orgasm lasts 30 minutes

A cockroach will live nine days without its head before it starves to death.

Banging your head against a wall uses 150 calories an hour

The male praying mantis cannot copulate while its head is attached to its body. The female initiates sex by ripping the male's head off.

(Honey, I'm home. What the. ...?)

Father Murphy walks into a pub in Donegal, and says to the first man he meets, "Do you want to go to heaven?"

The man said, "I do, Father."

The priest said, "Then stand over there against the wall."

Then the priest asked the second man, "Do you want to go to heaven?"

"Certainly, Father," was the man's reply.

"Then stand over there against the wall," said the priest.

Then Father Murphy walked up to O'Toole and said, "Do you want to go to heaven?"

O'Toole said, "No, I don't Father."

The priest said, "I don't believe this. You mean to tell me that when you die you don't want to go to heaven?"

O'Toole said, "Oh, when I die, yes. I thought you were getting a group together to go right now."

Paddy and Mick were both laid off, so they went to the unemployment office.

When asked his occupation, Paddy answered, 'Knicker Stitcher. I sew da elastic onto ladies' knickers and thongs.'

The clerk looked up Knicker Stitcher on his computer and, finding it classified as unskilled labour, he gave him £80 a week unemployment pay.

Mick was next in and when asked his occupation replied, 'Diesel Fitter.'

Since a diesel fitter was a skilled job, the clerk gave Mick £160 a week.

When Paddy found out he was furious. He stormed back into the office to find out why his friend and co-worker was collecting double his pay...

The clerk explained, 'Knicker Stitchers are unskilled labour and Diesel Fitters are skilled labour.'

'What skill?' yelled Paddy. 'I sew da elastic on da knickers and thongs, then Mick puts 'em over his head and says: 'Yep, diesel fitter.'

Painting the Church"

There was a Scottish painter named Wayne who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. As it happened, he got away with this for some time, but eventually the Local Church decided to do a big restoration job on the outside of one of their biggest buildings

Wayne put in a bid and because his price was so low, he got the job.

So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine.

Well, Wayne was up on the scaffolding, painting away, the job nearly completed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Wayne clear off the scaffold to land on the lawn among the gravestones, surrounded by telltale puddles of the thinned and useless paint.

Wayne was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried:

"Oh God, forgive me; what should I do?"

And from the thunder, a mighty voice spoke...

"Repaint! Repaint! And thin no more!"

The flea can jump 350 times its body length. It's like a human jumping the length of a football field.

The catfish has over 27,000 taste buds.

Some lions mate over 50 times a day.

Butterflies taste with their feet.

The strongest muscle in the body is the tongue

Right-handed people live, on average, nine years longer than left-handed people. (If you're ambidextrous, do you split the difference?)

Elephants are the only animals that cannot jump.

A cat's urine glows under a black light.

An ostrich's eye is bigger than its brain.

Starfish have no brains

Polar bears are left-handed. (If they switch, they'll live a lot longer)

Little Larry attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest.

After a few minutes, Larry asked, 'Dad, why are you doing that?'

His father replied, 'Because when I'm buying horses, I have to make sure that they are healthy and in good shape before I buy.'

Larry, looking worried, said, 'Dad, I think the UPS guy wants to buy Mom'

WIFE FROM HELL !!!!

Not looking up from her knitting the wife says: "Now don't be silly dear, you know that this car doesn't have cruise control."

As the officer writes out the ticket, the driver looks over at his wife and growls, "Can't you please keep your mouth shut for once?" The wife smiles demurely and says, "You should be thankful your radar detector went off when it did."

As the officer makes out the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth,

"Darn it, woman, can't you keep your mouth shut?"

The officer frowns and says, "And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine." The driver says, "Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket." The wife says, "Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving."

And as the police officer is writing out the third ticket the driver turns to his wife and barks, "WHY DON'T YOU PLEASE SHUT UP??"

The officer looks over at the woman and asks, "Does your husband always talk to you this way, Ma'am?"

"Only when he's been drinking."

A married couple in their early 60s were celebrating their 40th wedding anniversary in a quiet, romantic little restaurant....

Suddenly, a tiny yet beautiful fairy appeared on their table. She said, "For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish."

The wife answered, "Oh, I want to travel around the world with my darling husband."

The fairy waved her magic wand and - poof! Two tickets for the Queen Mary II appeared in her hands.

The husband thought for a moment: "Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than I."

The wife and the fairy were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!....The husband became 93 years old.

The nurse came in and said "Doc, there's a man in the waiting room who thinks he's invisible, what would I tell him?"

The Doctor said "tell him I can't see him today!"

I have a pencil that used to be owned by William Shakespeare, but he chewed it a lot and now I can't tell if it's 2B or not 2B.



Snippets

More flexibility in Bulky Waste changes

MidCoast Council is pleased to announce changes to our Bulky Waste collection service, providing greater flexibility for residents. Each household is eligible for one free Bulky Waste collection per year, now available at a time that suits you best.

To book your collection, simply visit midcoast.nsw.gov.au/bulkywaste or call our customer service team. For properties with six or more dwellings, please arrange a combined Bulky Waste collection through your strata, body corporate, or managing agent.

Additionally, residents can take advantage of free mattress disposal by dropping off their mattress at the nearest waste management centre. Just present your booking confirmation upon arrival.

Cedar Party Creek Bridge works slowed by weather

The recent run of bright sunny weather has seen work on the replacement of Cedar Party Creek Bridge at the entrance to Wingham pick up.

Unfortunately, the sustained wet weather in recent weeks slowed the work down to a crawl, delaying the opening of the detour until mid September.

MidCoast Council's Director of Infrastructure and Engineering, Rob Scott said the clear weather should allow for construction to build in intensity.

"Crews are currently working the temporary detour route and filling of the embankment at Chrissy Gollan Park which includes the widening of Wingham Road.

The \$39 million project is expected to be completed by late 2025 weather permitting.

Council offers swimming pool management contracts

The Friends of Wingham Pool Inc. is the preferred tenderer for the Wingham Memorial pool.

The contracts will be for a period of three years, with an option for two additional one-year extensions.

"This decision delivers a cost saving for ratepayers and will enhance the services offered for all residents," Council's Director of Liveable Communities, Paul De Szell said.

The decision is the final outcome of Council's swimming pools operations review. The review included extensive community consultation from November 2023 – February 2024.

Other outcomes included:

- Council continuing to manage the Bulahdelah, Krambach, Nabiac and Stroud swimming pools as unsupervised facilities. **There will be controlled access through a membership pass (paid) and electronic entry system**
- all swimming pools will have small increases in entry fees. This is part of the annual increase in Council's fees and charges

Astronomers got tired of watching the moon go round the earth for 24 hours so they decided to call it a day.





To all supporting members and friends of Manning Great Lakes Community Health Action Group –

A big thank you to you all for your ongoing interest and support. To all of you who went out and actively gathered signatures on the Petition, to all of you who very happily signed the Petition, thank you to everybody. The debate on the Petition and its contents will be held in the Legislative Assembly on August 8th and Tanya Thompson, our local member, has invited the Committee of MGLCHAG to attend in the Visitors' Gallery which we will be doing.

In the meantime, as you have no doubt been made aware through various media outlets, we have been successful in our quest for more of the necessary funding for the upgrade of Manning Base Hospital. The State Budget, brought down on Tuesday June 18th, contained an amount of **\$80 million** to accompany the \$100 million already allocated back in 2018. With this amount of funding, the upgrade of Manning Base Hospital can begin. Stage 2 will commence in October/November with the demolition of the Administration Block (the old Nurses' Home) with building to begin in February/March 2025. The estimated completion date is some time in 2026. We now have important people in our corner, people like Tanya Thompson and the Executive Team of Hunter New England LHD, who all acknowledge the serious health needs of this community. We are, and always have been, an apolitical group and, as such, have sought support from across the political spectrum. Emily Suvaal (Labor), Dr Amanda Cohn (Greens) and Kate Washington (Labor) have, along with the Nationals, guaranteed their support of the Petition.

We have advocated strongly for health service delivery improvement in Manning Great Lakes for eight years but that work is not done. Our focal point now for the next 12 months is to ensure that sufficient funding will be made available for Stage 3 of Manning Base Hospital to be completed, for an Urgent Care Centre (UCC) to be built in Forster and for a Multi-Purpose Service (MPS) to be built in Bulahdelah.

There is a long way to go but we will get there with your support!!! There has been somewhat of a media blitz recently on our activities and, as a result, many expressions of appreciation from the community have come our way for the work we have done and continue to do.

The Action Group makes note of the sterling work done by our doctors, nurses and staff under very trying conditions at a hospital long past its use-by date in many areas. There is a need for more career nurses and paramedics in our region to bolster health carer numbers. Nurses from the UK are coming to Taree and the Council has embarked on a program of welcome, inclusion and housing for these important arrivals.

Meanwhile, the Radiotherapy Unit planned for Cornwall Street, Taree has been approved and has commenced with the clearing of the site ready for construction. We are unsure of when the actual building will be started and completed as that is all in the hands of the developer. However, when that is a going concern, it will be of so much assistance to patients with cancer. They will no longer need to travel to Port Macquarie or Newcastle or Coffs Harbour or Sydney for their radiotherapy treatment.

Manning Great Lakes Community Health Action Group Committee

P.S. For anyone wishing to join the Group as a member for a fee of \$2, please contact the Secretary via contact details below.

President: Eddie Wood - 0428 157 008
Secretary: Carmel Bartlett - 0400 961 909
Email: caramelandbiscuit@outlook.com

INTERESTING - ORIGIN OF SAYINGS, ETC.

Underdog.

Pit sawyers: In order to cut tree trunks lengthwise, they were placed over pits known as *sawpits*. Balanced on smaller logs, the trunks were attached to them with iron hooks called *dogs*. Cutting was done with a two man saw. The man on the top was known as the **top dog** while the **underdog** stood in the pit and would be unfortunately covered with all the falling sawdust.

A murder of crows: According to an old folktale, crows will gather to judge the capital fate of another. Their appearance was also thought to be an omen of death by some.

Hanging on tenter hooks (for hanging washed wool)

Tenter frames: once the woollen cloth was finished and washed it was stretched to dry on tenter frames, which were set in what were called racking closes. The phrase being on tenterhooks, meaning to be held in suspense, is derived from these structures.

"Commoners" was derived from people who shared the rights over an area of common land in a particular locality to use for grazing, wood gathering.

Gin (Mothers ruin)

Gin joints in the eighteenth century England allowed women to drink along side men for the first time. It is thought that this led many of them to child neglect and prostitution. So gin became known as **Mother's ruin**

Undertaker

By the middle of the 18th century undertaking was an established profession in London. Not only would they take care of the funeral, but even sell the deceased's goods if requested. ie—undertake the responsibility of the body.

Animal Group Names Part one

Antelope: a herd
Ants: a colony or an army
Apes: a shrewdness
Baboons: a troop
Badgers: a cete
Bass: a shoal
Bats: a colony, cloud or cauldron
Bears: a sloth or sleuth;
Bear Cubs: a litter
Beavers: a colony
Bees: a swarm
Boar: a sounder
Buffalo: a gang or obstinacy
Camels: a caravan
Caterpillars: an army
Cats: a clowder, glaring, pounce, nuisance or clutter;
Kittens: a litter or kindle;
Wild cats: a destruction
Cattle: a herd or drove
Cheetahs: a coalition
Chickens: a brood or peep;
Chicks: a clutch or chattering
Clams: a bed
Cobras: a quiver
Colts: a rag
Cows: a kine, drove, herd or fold;
twelve or more cows are a **flink**
Coyotes: a band
Cranes: a sedge
Crocodiles: a float or bask
Crows: a murder
Deer: a herd
Dogs: a pack or cowardice;
Puppies: a litter
Dolphins: a pod
Donkeys: a drove

Doves: a dule
Ducks: a brace, paddling or team
Eagles: a convocation
Elephants: a herd or parade
Elk: a gang or herd
Emus: a mob
Falcons: a cast
Ferrets: a business or fesnyng
Finches: a charm
Fish: a school, shoal, run, haul or catch
Flamingos: a stand or flamboyance
Flies: a swarm, hatch or business
Foxes: a skulk or leash
Frogs: an army or a colony
Geese: a gaggle or flock, a skein when in flight
Giraffes: a tower
Gnats: a cloud or horde
Goats: a herd, tribe or trip
Goldfinches: a charm
Goldfish: a troubling
Gorillas: a band
Grasshoppers: a cloud
Greyhounds: a leach
Hares: a down or husk
Hawks: a cast or kettle
Hippopotami: a bloat or thunder
Hogs: a drift or parcel
Horses: a team or harras
Hounds: a pack, mute or cry
Hyenas: a cackle
Jaguars: a shadow
Jellyfish: a smack or brood
Kangaroos: a troop or mob
Larks: an ascension or exaltation
Lemurs: a conspiracy
Leopards: a leap



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Good Medicine

Optimism

Are you an optimist? Sometimes it's hard to be optimistic, even though we know when we start worrying we'll feel helpless and pessimistic etc. Different studies from countries and universities show some interesting facts about this.

From the Netherlands:

... a positive attitude will add more years to life than eg. exercising or **not** smoking.

... a positive attitude to **aging** was greater than health measures such as low BP or low cholesterol.

... optimists have healthier hearts than worriers ... and live longer.

Church going is another activity which benefits us, according to a Yale University study. It showed that regular church goers are happier and healthier, and have less stress plus greater immunity to sickness. 'When you walk with God you have purpose and live **longer**, and you have peace with God and live **better**' ... quoted from an eighty year old lady.

The Bible says the joy of the Lord is your strength, *Nehemiah 8:10*, and 'that's not just spiritual strength but physical, mental and emotional'.

Another study showed that when a mentally affected person has lost the ability to **expect** a painkiller will help them, it doesn't work nearly as well. So when people can **think** the painkiller will work it **does** seem to help. Our minds are amazing and, as believers, we can trust God to help us think positive thoughts that are founded on His Word ... thoughts that are 'just, pure, lovely and of good report', *Philippians 4:8*.

When we need God's help there is a prayer called the 'I don't know' prayer. "Lord I don't know where to go from here ... I don't know how to process this ... I don't know what to do with these emotions ... I don't know how to handle this ... but You know. Amen". God will certainly hear your prayer.

Optimism seemed to have played a part in the lives of leaders and thinkers of past ages, eg. Martin Luther who translated the New Testament into German ... hard enough in the 16th century I would think, but he was also a prisoner in Wartburg Castle at the time.

Beethoven wrote many of his most admired works after he lost his hearing.

John Bunyan also wrote *Pilgrims Progress* and Daniel Defoe wrote *Robinson Crusoe*, both while in prison.

Eric Liddell was a sprinter in the 1924 summer Olympics in Paris. He was a Christian and didn't want to run the 100 metres because it was on Sunday, so he practised for the 400 metres to run on a weekday, even though his best race was the 100 metres. He won the 400 metres and broke the Olympic and World records of the day. After the games he went back to China to work as a missionary in the footsteps of his Scottish parents. He later died in an internment camp during the Japanese invasion. His faith must certainly have given him the strength and hope to face that situation. His very moving story is told in the film "Chariots of Fire".

In *Mark 9* a man asked Jesus to heal his deaf/mute son; Jesus said that all things are possible to him who believes. The man said 'Lord I believe; help my unbelief' ... and Jesus did. He also healed the boy.

If you need help 'talk to the Lord today'.

Quotes from Our Daily Bread, Word for Today

The Counsellor



A tired traveller pulled into a three star hotel around midnight and asked reception for a single room.

As the clerk filled out the paperwork the traveller looked around and saw a gorgeous blonde sitting in the lobby, Asking the clerk to wait a minute, he went over and talked to her. A few minutes later he came back with the girl on his arm and said, "Fancy meeting my wife here! Guess I'll need a double room."

Next morning, he came to settle his bill. Handing over his Amex card, he was appalled to be confronted with an account for \$3,000.

"What's the meaning of this?" he yelled at the clerk, "I've only been here one night."

"Yes," said the clerk, "but your wife has been here for three weeks."

Apologies if I have already put this one in

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

August Mass times are Saturday 3rd at 5:00pm, Saturday 10th at 5:00pm, Saturday 24th at 5:00pm & Saturday 31st at 5:00pm
September Mass Saturday 7th at 5:00pm
(contact **Helen Legg** on 6559 1211)

***Note: During the winter months Mass is held @ 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

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

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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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